Weight Log

Instructions: First thing each morning, empty your bladder and weigh yourself on the same scale before breakfast and before you take your water pill. Wear the same type of clothing each day. . *Record your weight below***.**

At the beginning, do this each day for at least a week; noting which days you felt more symptoms. This record will help to determine your 'target' weight to which you will adjust the dose of your water pill (diuretic). If your weight and symptoms vary, continue with weight log.

My target weight is: _____

My water pill is called: _____

Date	Time	Weight	Dose of water pill taken	Notes (how troublesome were your heart failure symptoms)

If your weight ***increases*** 2-3 pounds (1 kilogram) from your previous weights, ***take an extra half dose*** of your regular water pill

If your weight ***decreases*** 2-3 pounds (1kilogram) from your previous weights, ***take only a half dose*** of your regular water pill

IMPORTANT

These are suggestions that should be checked by your Doctor as you may need individualized instructions.