

Daily Weight Diary*

Name _____

Weight at last heart care provider visit _____ Date _____

Weight at the end of last month _____ Date _____

Month _____

Date	Weight	Date	Weight	Date	Weight
1		12		23	
2		13		24	
3		14		25	
4		15		26	
5		16		27	
6		17		28	
7		18		29	
8		19		30	
9		20		31	
10		21			
11		22			

- Weigh yourself on the same scale every morning before eating and after urinating (peeing). Be sure your scale is on a hard floor—not on a rug. Write your weight on this chart or on a calendar every day.
- At the beginning of each month, enter your weight from the end of the last month at the top of the chart under “Weight at the end of last month.”
- Bring this Daily Weight Diary with you when you visit your heart care provider.

NOTE: If you gain 2 to 3 pounds in 1 day or 4 to 5 pounds in 5 days, follow the plan you and your heart care provider developed. You may have a plan to take extra medicines or to call your provider.

*Suggestion: Make copies of this page before using.

This form is available online at www.acumentra.org.