

CONGESTIVE HEART FAILURE (CHF) WEIGHT AND SUMMARY DIARY

Patient Name: _____ DOB: _____ date: _____

DATE	DAY	WEIGHT	SHORT OF BREATH	SWELLING	CHEST PAIN OR ANGINA	DATE	DAY	WEIGHT	SHORT OF BREATH	SWELLING	CHEST PAIN OR ANGINA
	SUN						SUN				
	MON						MON				
	TEUS						TEUS				
	WED						WED				
	THURS						THURS				
	FRI						FRI				
	SAT						SAT				

DATE	DAY	WEIGHT	SHORT OF BREATH	SWELLING	CHEST PAIN OR ANGINA	DATE	DAY	WEIGHT	SHORT OF BREATH	SWELLING	CHEST PAIN OR ANGINA
	SUN						SUN				
	MON						MON				
	TEUS						TEUS				
	WED						WED				
	THURS						THURS				
	FRI						FRI				
	SAT						SAT				

- Weigh yourself every morning at the same time. the best time is after you go to the bathroom, but before you eat breakfast.
- Use the same scale each time.
- Put a check mark in the short of breath box, if you have more trouble breathing.
- Put a check mark in the swelling box, if you notice swelling anywhere.
- Put a check mark in the chest pain/ angina box, if either are present.
- Compare today's weight to yesterday's and call your doctor if you gain or lose 3 or more pounds in one week.