

Month: _____
 Year: _____
 Discharge Weight: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight: _____	Weight: _____	Weight: _____	Weight: _____	Weight: _____	Weight: _____	Weight: _____
Weight: _____	Weight: _____	Weight: _____	Weight: _____	Weight: _____	Weight: _____	Weight: _____
Weight: _____	Weight: _____	Weight: _____	Weight: _____	Weight: _____	Weight: _____	Weight: _____
Weight: _____	Weight: _____	Weight: _____	Weight: _____	Weight: _____	Weight: _____	Weight: _____
Weight: _____	Weight: _____	Weight: _____	Weight: _____	Weight: _____	Weight: _____	Weight: _____

CAUTION

Call your doctor's office if you have one or more of these symptoms:

- weight gain of three pounds in one day
- weight gain of five pounds or more in five days
- more shortness of breath
- more swelling of your feet, ankles, legs or stomach
- feeling more tired – no energy
- dry, hacking cough
- harder to breathe when lying down
- feeling uneasy – “you know something is not right”
- dizzy or light headed

EMERGENCY

Go to the emergency room or call 911 if you have any of the following:

- struggling to breathe
- chest pain, tightness or heaviness
- confusion or can not think clearly