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*Educated Patients Lead to Better Care.*



# Heart Failure:

## SecondsCount Weight Log

**Instructions:** Use the log below to track your weight each day. A weight gain of 2–3 pounds overnight or 5 pounds in a week may be a sign of worsening heart failure. Contact your care team in this case.

Weigh yourself on a scale each morning after you have urinated but before you consume any food or beverages. This will help you get accurate weight measurements.

Bring the Weight Log with you to doctor’s appointments.

Name \_\_\_\_\_

Month/Year \_\_\_\_\_

Date

Weight (in pounds)

Date	Weight (in pounds)


