

WESTFIELD FAMILY PHYSICIANS, PC

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Congestive Heart Failure (CHF) WEIGHT Diary

NAME _____ **DOB** _____

Record your weight every morning after using the bathroom, before eating, and with the same amount of clothing - this will help you know when to contact us. You should notify your provider if you have gained 2-3 pounds overnight, or 5 pounds over your baseline weight in a week.

In addition, think about how you are feeling. Are you feeling pretty good, so-so or terrible? Check the emoji to keep track. Consider: Am I short of breath? Am I more tired than usual? Have I gained weight? Are my hands or feet extra swollen? Am I feeling depressed or confused? Make a note.

Dates: _____ through _____

	SUN	MON	TUE	WED	THU	FRI	SAT
Week 1 notes:	wt: _____ 😊 😐 😞	wt: _____ 😊 😐 😞	wt: _____ 😊 😐 😞	wt: _____ 😊 😐 😞	wt: _____ 😊 😐 😞	wt: _____ 😊 😐 😞	wt: _____ 😊 😐 😞
Week 2 notes:	wt: _____ 😊 😐 😞	wt: _____ 😊 😐 😞	wt: _____ 😊 😐 😞	wt: _____ 😊 😐 😞	wt: _____ 😊 😐 😞	wt: _____ 😊 😐 😞	wt: _____ 😊 😐 😞
Week 3 notes:	wt: _____ 😊 😐 😞	wt: _____ 😊 😐 😞	wt: _____ 😊 😐 😞	wt: _____ 😊 😐 😞	wt: _____ 😊 😐 😞	wt: _____ 😊 😐 😞	wt: _____ 😊 😐 😞
Week 4 notes:	wt: _____ 😊 😐 😞	wt: _____ 😊 😐 😞	wt: _____ 😊 😐 😞	wt: _____ 😊 😐 😞	wt: _____ 😊 😐 😞	wt: _____ 😊 😐 😞	wt: _____ 😊 😐 😞

Please:

Call the office for help if you are not feeling well, if you have more shortness of breath or chest pain.

Even if you feel well, call if you have gained 3 pounds or more over a few days.

These are danger signs that your congestive heart failure might be worse and we want to know!