



UNIVERSITY OF OTTAWA  
**HEART INSTITUTE**

**INSTITUT DE CARDIOLOGIE**  
DE L'UNIVERSITÉ D'OTTAWA

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# **WEIGHT TRACKER**

## BOOKLET

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**PLEASE BRING THIS BOOK WITH  
YOU TO YOUR APPOINTMENTS**

**Patient Name:**

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**Please complete the following information:**

Contact Person Name (relative, friend)

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Phone Number (Home)

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Phone Number (Cell)

---

Family Doctor Name

---

Phone Number

---

Pharmacy Name

---

Phone Number

---

Cardiologist Name

---

Phone Number

---

Other (Specify) Name

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Phone Number

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## **What you can do to manage your heart failure at home and possibly stay out of the hospital:**

1. Take your medications everyday even if you are feeling better (do not stop your medications unless your doctor tells you to).
  2. Weigh yourself at the same time every day and call your doctor if your weight is up more than 2 pounds in 24 hours or 5 pounds in a week.
  3. Limit sodium intake to less than 2000mg per day. Too much sodium can make you retain fluid. Did you know there is about 2300mg of sodium in just 1 tsp of salt!
  4. Avoid excessive intake of fluids (water, soup, milk, coffee, tea, pop, alcohol). Patients with heart failure may need to limit fluids to 1500 - 2000ml (6 to 8 cups) per day. Your heart may not be able to get rid of all the fluid in your body. If you drink too much, fluid can build up in your body (in your lungs, abdomen, etc).
  5. Go to all of your scheduled appointments. These appointments are important for you and for your heart failure management.
  6. Because of the chronic nature of heart failure, it is recommended that you have a family doctor managing your care regularly.
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Weighing yourself everyday can be one of the best ways to manage your heart failure at home. Call your doctor if your weight increases **more than 2 pounds in 24 hours or 5 pounds in one week.**

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### **When you weigh yourself:**

- Use the same scale everyday
- Weigh yourself at the same time everyday (in the morning when you wake up after you've emptied your bladder)
- Record your weight on a calendar. Bring this calendar to your appointments!
- Call your doctor (cardiologist and/or your family doctor) if your weight has increased more than 2 pounds in 24 hours or 5 pounds in one week

*\*Remember: when you leave the hospital, our scales will most likely be slightly different. So use your scale as a baseline.*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY





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