UNIVERSITY OF OTTAWA
HEART INSTITUTE

INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA

WEIGHT TRACKER
BOOKLET

PLEASE BRING THIS BOOK WITH YOU TO YOUR APPOINTMENTS

Patient Name:

Please complete the following information:

Contact Person Name (relative, friend)

Phone Number (Home)

Phone Number (Cell)

Family Doctor Name

Phone Number

Pharmacy Name

Phone Number

Cardiologist Name

Phone Number

Other (Specify) Name

Phone Number

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. Eat a low sodium diet (1000-2000mg per day or about 600mg per meal three times a day). Too much sodium can make you retain fluid. Did you know there is about 2300 mg of sodium in just 1 tsp of salt!
4. Keep your daily fluid intake below 1.5 litres or 2.0 litres a day. Your heart is weaker and cannot get rid of all the fluid in your body. If you drink too much fluid, it will back up into your body (in your lungs, abdomen, etc). Remember: Daily fluid intake includes water, coffee, soup, jello, ice, etc.
5. Go to all of your scheduled appointments. These appointments are important for you and for your heart failure management.

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.**

When you weigh yourself:

- Use the same scale everyday
- Weigh yourself at the same time everyday (in the morning when you wake up afer 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

WWW.OTTAWAHEART.CA