



Patient Name: _____

Date: _____

Congestive Heart Failure Checklist

Please fill out the calendar below with your weight for each day.

Month / Year: _____

Sun	Mon	Tue	Wed	Thur	Fri	Sat

- Weigh daily – at the same time each day, making sure you are in the same attire and that you use the same scale.
- Avoid added salt. If you use “no salt”, use sparingly.
- Limit total fluid to eight 8-ounce glasses or half a gallon per day. This includes all liquids: sodas, water, spirits, juice, milk, etc.
- Call our office if you have an increase in shortness of breath, swelling or other concerns.
- **If you inexplicably gain or lose more than two pounds in two days or five pounds in a week, immediately notify our office. TREATING CONGESTIVE HEART FAILURE IS A TEAM EFFORT!!**