CHF Management - Daily Weight Tracker

Weigh yourself every morning after you go to the bathroom and before you eat
Use the same scale and wear no clothing or the same clothing each day

Call our office at 610-527-1165 and ask to speak to the triage department if you:
Gain 3 pounds or more in one day
Gain 5 pounds in one week
Have increased leg swelling or difficulty breathing

Month	Week #	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Bryn Mawr Medical Specialists ASSOCIATION