

Weekly CHF Weight Log

When and when not to call the doctor if you have **Congestive Heart Failure**.

Heart failure happens when your heart muscle isn't pumping enough blood to the rest of your body. Because the heart isn't pumping as it should, fluids can start to build up. This build-up of fluid is called **congestion**. This is why we call the condition **congestive heart failure or CHF**.

In addition, your body might do other things to make up for the weakened pumping of your heart. You might hold salt and water in the blood, increasing the amount of blood in your system.

For individuals with CHF, any rapid weight gain or loss can be potentially dangerous. Use the chart below to document your current weight, then use that number to fill in and determine what weight boundaries will help you know when to seek medical attention.

Call your doctor if your weight is **more than**

**Starting
Weight**

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6



Call your doctor immediately if your weight changes more than 2-3 lbs. in 24 hours.

Call your doctor if your weight is **less than**