



DAILY WEIGHT LOG

It is important to weigh yourself DAILY: first thing in the morning, after emptying your bladder, before breakfast and with minimal clothing weight.

CALL US FIRST if you gain more than **3 lbs** in **one day** or **5 lbs** in **seven days** or if you are experiencing the following symptoms:

Increased shortness of breath.

Feeling more tired.

New or increased chest pain.

You need to sleep sitting up in a chair.

Increased swelling of your feet, ankles, hands or stomach.

Dry hacking cough or new sudden wet cough.

Increase in difficulty breathing when lying down.

CALL VNA 630-8000 your Team is _____ Your doctor is _____

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DAILY WEIGHT LOG

Date	Time	Jul	Aug	Sep	Oct	Nov	Dec
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These are symptoms that your condition may need some intervention. By calling us early, we may be able to intervene by discussing your condition with your doctor and adjusting some medications.