

How to Weigh Yourself Each Day



1. Get a good bathroom scale.

Tell your doctor or nurse if you cannot afford to buy a scale – they may be able to help you get a scale.

2. Weigh yourself each morning:

After you go to the bathroom, before you eat breakfast, and before you get dressed.

3. Know your target weight

Ask your doctor what your target weight is each time you visit. Your target weight is where your heart is working best.

Staying close to your target weight will help you feel better and stay out of the hospital.



My target weight is pounds.



I will call my doctor if my weight goes **UP** to pounds or more.



I will call my doctor if my weight goes **DOWN** to pounds or less.