

# KEEPING TRACK OF YOUR WEIGHT

[Home](#) > [Health Hub](#) > [Health Library](#) > [Keeping Track of Your We...](#)

[Why do I need to track my weight?](#)

[Weigh yourself every day](#)

[Know your dry weight!](#)

[What if my weight changes too much from my dry weight?](#)



Download as PDF



Share this Article

## Keeping Track Of Your Weight

### Why do I need to track my weight?

Your weight is one way to tell if your heart failure is getting worse or if you need changes in your medication to control extra fluid in your body.

### Weigh yourself every day

It is very important to weigh yourself every day and keep a record of your weight. Follow these tips to help get the most accurate weight possible:

- Use the same scale every day
- Weigh yourself while undressed or wearing the same type of clothing
- Weigh yourself at the same time every day
- Weigh yourself after you urinate but before you eat
- Write down your weight every day. Use the calendar on the next page or another calendar/ tracker

### Know your dry weight!

Your dry weight is your weight when you do not have extra fluid in your body. Ask your doctor or nurse what your dry weight is. Write your dry weight on your daily weight diary/calendar.

Compare your daily weight to your dry weight. Your goal at home is to keep your weight within 4 pounds (higher or lower) of your dry weight.

Your dry weight will change with time. Be sure to ask your doctor or nurse what your dry weight is at every visit.

### What if my weight changes too much from my dry weight?

If you are at home, call your healthcare provider if your weight is 1.8kg (4 pounds) higher or lower than your dry weight.

Month: \_\_\_\_\_ Dry Weight: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Month: \_\_\_\_\_ Dry Weight: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Month: \_\_\_\_\_ Dry Weight: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	--------	---------	-----------	----------	--------	----------


© Copyright 1995-2018 The Cleveland Clinic Foundation. All rights reserved.

This information is provided by the Cleveland Clinic and is not intended to replace the medical advice of your doctor or healthcare provider. Please consult your healthcare provider for advice about a specific medical condition.

Speak with our Contact Center for assistance

 800 8 2223

 Request An Appointment

