

## Weight Management Based on Target Weight

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### Why is my weight important?

When you have heart failure you need to keep track of your weight. A sudden weight gain of 4 or more pounds can mean your heart failure is getting worse.

### What is my target weight?

Your target weight is what you weigh without extra fluids that can build up from heart failure. You can find your target weight by weighing yourself the morning after you leave the hospital. This number is your target weight unless your healthcare provider gave you a specific weight value as your target weight. If you think you still have fluid buildup or if you have questions about your target weight, your healthcare provider can help you.

### How should I keep track of my weight?

1. Weigh yourself every day using the same scale.
2. Weigh yourself at the same time every day.
3. Always weigh yourself in the same type of clothes (or no clothes).
4. Always take off your shoes before you weigh yourself.
5. Try and weigh yourself in the morning after you go to the bathroom and before breakfast.
6. Do not have anything to drink before you weigh yourself.

### What do I do with the numbers?

Compare your daily weight to your target weight to tell if you have gained weight. Record your target weight and your daily weights on a calendar or chart and take it with you when you go to see your healthcare provider. Make daily notes on your calendar or chart about how you feel and your heart failure symptoms. Information on weight and symptoms will help you and your healthcare provider track your heart failure and know whether your treatments are working.

### When do I call my health care provider?

If you gain 4 or more pounds from your target weight, call your healthcare provider because it may be a sign that your heart failure is getting worse. An increase in weight could also occur if you recently changed your diet behaviors, so expect your healthcare provider to ask you questions about your diet and fluid intake habits.

### What should I do to keep my weight stable?

You will need to lower sodium and fluid intake in your diet. Your healthcare provider can tell you what your daily limits should be for dietary sodium intake and fluid intake, based on your heart failure status. Your healthcare provider may also adjust your medications.

If you have questions about your weight, target weight, or how you should measure your weight, ask your heart failure healthcare provider.