Heard At Home — the first 30 days home

Living with Heart Failure: Daily Weight & Rhythm Tracker

A one-page companion to the audio series. Print it, or keep it on your phone.

My numbers (fill in with your care team)

My target weight (peso seco): _____

My salt guidance: _____ My fluid guidance: _____

Daily checks

- ☐ Weighed myself (same time — after the bathroom, before breakfast)
- ☐ Took medications as prescribed
- ☐ Stayed within my salt guidance
- ☐ Followed my fluid guidance
- ☐ Some movement today

This week's weights (bring this to every appointment)

Day / Date	Morning weight	How I feel / notes

Call the care team if (full list in Episode 4: Warning Signs and When to Call)

- ☐ Sudden weight gain over a few days
- ☐ More swelling in legs, feet, or belly
- ☐ Harder to breathe, especially lying flat
- ☐ Anything that scares you

Tip: put the scale where you'll see it — next to the toilet works. Habits stick when the cue is visible.

Listen to the series
Scan for the Living with Heart Failure audio
heardathome.health