What is My Target Weight?

The weight where my heart is working well and I am feeling my best!

- I can breathe easily
- I have little or no swelling in my ankles, hands and belly
- I can sleep lying flat

4 pounds above or below my Target Weight may mean that my heart is working too hard or that I’m getting dehydrated (too dry)

When Should I Call the Doctor?

My heart may be working too hard if:

- My weight is 4 pounds over my Target Weight
- I am short of breath
- It’s hard to breathe lying flat
- I have swelling in my feet or hands or my belly feels bloated

I may be getting dehydrated (too dry) if:

- My weight is 4 pounds under my Target Weight
- I’m light headed or dizzy
- I’m not peeing as much as usual
To Stay at my Target Weight and Feeling Well:
I will weigh myself every day:
*First thing in the morning  *After using the toilet  *Before dressing  *Before breakfast

My Target Weight is _________ pounds.
I will call my doctor if my weight goes UP to _________ pounds or more, or DOWN to _________ pounds or less.

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