

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)



MaineHealth

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.

DATE	WEIGHT	DATE	WEIGHT	DATE	WEIGHT	DATE	WEIGHT