

Heart failure fluid tracker

Watching your fluids is important in heart failure

When you have heart failure, your heart has trouble pumping blood.¹ This causes the amount of fluids to increase in your body, which you may notice as swelling, weight gain, and shortness of breath. Because of this fluid buildup, your doctor may ask you to cut down on liquids. At first, you may not have to limit yourself very much. As heart failure worsens, it may be recommended that you restrict fluid intake and that you drink no more than 6 to 9 cups of fluid a day (about 1.5 to 2 liters). The fluid tracker below can help you see how much fluid you are taking in per day.

Track your fluid intake throughout the day

WEEK 1 FLUID TRACKER

	Sunday (oz)	Monday (oz)	Tuesday (oz)	Wednesday (oz)	Thursday (oz)	Friday (oz)	Saturday (oz)
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Total (-60 oz/ 1.5 to 2 liters)							

1 cup = 8 oz; 1 pint = 16 oz.

WEEK 2 FLUID TRACKER

	Sunday (oz)	Monday (oz)	Tuesday (oz)	Wednesday (oz)	Thursday (oz)	Friday (oz)	Saturday (oz)
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Total (-60 oz/ 1.5 to 2 liters)							

1 cup = 8 oz; 1 pint = 16 oz.

WEEK 3 FLUID TRACKER

	Sunday (oz)	Monday (oz)	Tuesday (oz)	Wednesday (oz)	Thursday (oz)	Friday (oz)	Saturday (oz)
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Total (-60 oz/ 1.5 to 2 liters)							

1 cup = 8 oz; 1 pint = 16 oz.

WEEK 4 FLUID TRACKER

	Sunday (oz)	Monday (oz)	Tuesday (oz)	Wednesday (oz)	Thursday (oz)	Friday (oz)	Saturday (oz)
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Total (-60 oz/ 1.5 to 2 liters)							

1 cup = 8 oz; 1 pint = 16 oz.

Reference: 1. Heart failure—fluids and diuretics. <https://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000112.htm>. MedLine Plus website. Updated August 12, 2014. Accessed August 31, 2015.

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