Weight & Fluid Retention Tracker

Track weight · note changes · use the care team's thresholds

A caregiver organizer for weight measurements, swelling and related observations, with space for the person's individualized instructions.

Reason for tracking · measurement plan · contacts

Record changes without assuming what caused them.

Use this tracker when the care team recommends it. Weight changes alone do not prove fluid retention. Ask which changes and symptoms need a call for this person. [1]

THIS TRACKER IS FOR (NAME)

PRIMARY CAREGIVER

MONITORING DATES

CLINICIAN / PHONE

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1 WRITE DOWN THE INDIVIDUALIZED PLAN

REASON THE TEAM REQUESTED TRACKING

UNIT USED (lb OR kg)

WHEN / HOW OFTEN / WHICH SCALE

BASELINE OR TARGET, IF GIVEN

EXACT WEIGHT CHANGE / TIME FRAME OR SYMPTOMS TO REPORT

DAYTIME CONTACT

AFTER-HOURS CONTACT

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2 KEEP THE CONDITIONS COMPARABLE [1]

- [ ] Use the same scale and a consistent routine as directed by the care team.
- [ ] Note changes in swelling, breathing, comfort or ability to do usual activities.
- [ ] If weighing is unsafe or not possible, ask the team for another monitoring approach.

Weight log · swelling · daily function

3 WRITE THE MEASUREMENT AND OBSERVATIONS

NAME / LOG DATES

UNIT USED / USUAL WEIGHING ROUTINE

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DATE / TIME	WEIGHT / UNIT	SWELLING / BREATHING / DAILY CHANGES	ACTION / CONTACT

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Describe what changed compared with the person's usual condition. Do not label the amount of fluid retained or infer a diagnosis from a weight entry.

CARE-TEAM-REQUESTED FLUID RECORD / SEPARATE LOG LOCATION, IF ANY

Contact notes · existing instructions · next review

4 BRING THE IMPORTANT CHANGES TO THE CARE TEAM [1]

DATE / CHANGE REPORTED	WHO RESPONDED / INSTRUCTIONS RECEIVED

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CURRENT FLUID / FOOD / MEDICINE INSTRUCTIONS: WHERE THE WRITTEN PLAN IS KEPT

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5 MAKE FOLLOW-THROUGH EASY

NEXT CONTACT / REVIEW DATE

PERSON RESPONSIBLE FOR SHARING LOG

QUESTION STILL NEEDING AN ANSWER

Do not change diuretics, fluid intake or salt limits based only on this tracker. Follow the clinician's plan. For a life-threatening emergency, call 911. [3]

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Sources informing this resource · Original worksheet prompts by TCC

[1] American Heart Association — Physical Changes to Report for Heart Failure

[2] National Institute on Aging — How To Prepare for a Doctor's Appointment

[3] MedlinePlus — Emergency Medical Services

Sources checked September 10, 2026. Use the person's individualized care instructions.

Everything about your loved one's care, organized in one place.

The Caregiving Concierge™ helps families organize appointments, providers, medications, documents, schedules, transportation details, and other important care information in one secure workspace.

https://www.thecaregivingconcierge.com/library

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