

Guidelines for Setting a Target Weight

The target weight represents a point when the patient's body has the right amount of fluid and the heart is working best. A target weight can be set after a clinician confirms that a patient's fluid status is euvolemic during a clinic visit (see document [Assessing Volume Overload in Heart Failure Patients](#) for more information on this). Identifying this weight gives the patient a reference point for their daily weight value. A target weight is helpful for a patient regardless of whether or not they are self-adjusting their diuretic.

Set this weight using the scale that the patient will use each day at home. When possible, we recommend using a digital scale.

Set in Clinic:

1. Patient brings scale to clinic
2. Ask patient to remove items such as their coat, shoes, and any items from pockets
3. Obtain weight on scale and document result
4. Obtain weight again, and repeat this process until you obtain 2 identical values.
5. Subtract 2# from this weight to account for clothing

Set at Home:

1. Confirm that the patient has a working scale at home
2. Educate the patient about the timing for checking their weight each day (after using the toilet, but before eating or getting dressed)
3. Ask the patient to check and document their weight each day for at least 1 week prior to clinic appointment.
4. Review the daily weight record and discuss any inconsistent measurements.
5. If the patient weight records are consistent and he is determined euvolemic during the clinic visit, use their morning weight as a target weight.