



Heart Failure Daily Weight Tracker

Name: _____

Your target weight: _____

Max. fluid _____ litres/day (includes all fluids like soup, OJ, water, etc.)

Limit sodium to 2000mg max per day

Please bring this calendar with you to your next appointment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

* Write in your upcoming appointments on calendar

Weigh Yourself Every Morning

- Empty your bladder
- Wear the same amount of clothing
- Weigh yourself before breakfast
- Use the same scale
- Write your weight in the calendar

Day-to-day weight gain is usually fluid gain, not calories

Healthy Heart Management Zones

Green Zone (All clear)

- No weight gain
- No swelling
- No shortness of breath
- No chest pain
- Normal activity level

If you are in the Green Zone

- Your symptoms are under control

What you should do:

- Keep taking your medications as prescribed
- Continue with your daily weights
- Continue to follow a low salt diet and fluid restriction
- Keep your regular doctor appointments

Yellow Zone (Caution!)

Call your doctor if you have:

- Weight gain of more than 2 pounds in one day or 5 pounds in one week
- Increased cough
- Increased shortness of breath
- Waking up at night with shortness of breath
- Extra pillows needed
- Increased swelling of the hands or feet or stomach bloating
- Anything unusual that bothers you

If you are in the Yellow Zone

- Your medications may need to be adjusted

Action:

- Call your cardiologist or family doctor.

Red Zone (Alert!)

- Unrelieved shortness of breath
- Shortness of breath at rest
- Wheezing or chest tightness at rest
- Need to sit in a chair to sleep
- Feeling confused or disorientated

If you are in the Red Zone

Action:

- **You need to see your doctor right away**
- **If you cannot reach your doctor, go to the nearest Emergency Department. Bring this form with you.**

• Cardiologist: _____

• Family Doctor: _____

Tips for Heart Healthy Living

- Understand your medications and take them as directed. Don't stop taking them, even if you feel better.
- Follow a low salt diet and your fluid restriction
- Go to your follow-up appointments.
- Walk every day at a comfortable pace. Begin with short periods, such as 5 minutes, and gradually increase to 30 minutes.
- Call your doctor if you have any symptoms **before** it's an emergency.

Patient Name:

Please complete the following information:

Contact Person Name (relative, friend)

Phone Number (Home)

Phone Number (Cell)

Family Doctor Name

Phone Number

Pharmacy Name

Phone Number

Cardiologist Name

Phone Number

Other (Specify) Name

Phone Number
