

Heart Failure Daily Weight Chart

| | Date | Weight | New or increased swelling | New or increased shortness of breath | Persistent cough | Zone color* |
|------------------|------|--------|---------------------------|--------------------------------------|------------------|-------------|
| Sunday | | | | | | |
| Monday | | | | | | |
| Tuesday | | | | | | |
| Wednesday | | | | | | |
| Thursday | | | | | | |
| Friday | | | | | | |
| Saturday | | | | | | |

| | Date | Weight | New or increased swelling | New or increased shortness of breath | Persistent cough | Zone color* |
|------------------|------|--------|---------------------------|--------------------------------------|------------------|-------------|
| Sunday | | | | | | |
| Monday | | | | | | |
| Tuesday | | | | | | |
| Wednesday | | | | | | |
| Thursday | | | | | | |
| Friday | | | | | | |
| Saturday | | | | | | |

*Refer to heart failure zones on the back of this page.

Remember:

- Weigh yourself each morning after you get out of bed and go to the bathroom.
- Record your weight on the chart.
- Use the same scale each day on a hard, flat surface.
- Notify your physician of a weight gain of two or more pounds per day, or five more pounds per week.
- Notify your doctor if you experience new or increased swelling, new or increased shortness of breath or persistent coughing.

Heart Failure Zones

| | |
|-------------|---|
| Every day | <p>Every day</p> <ul style="list-style-type: none">● Weigh yourself in the morning before breakfast, write it down and compare it to yesterday's weight.● Take your medicine as prescribed.● Check for swelling in your feet, ankles, legs and stomach.● Eat low-salt food.● Balance activity and rest periods. <p>Which Heart Failure Zone are you today? GREEN, YELLOW or RED?</p> |
| Green zone | <p>All Clear – This zone is your goal</p> <p>Your symptoms are under control. You have:</p> <ul style="list-style-type: none">● No shortness of breath● No weight gain of two pounds or more in 24 hours or five pounds or more in one week● No swelling of your feet, ankles, legs or stomach● No chest pain. |
| Yellow zone | <p>Caution – This zone is a warning</p> <p>Call your doctor's office at _____ if:</p> <ul style="list-style-type: none">● You have a weight gain of two pounds or more in 24 hours or five pounds or more in one week● More shortness of breath● More swelling of your feet, ankles, legs or stomach● Unexplained exhaustion● Dry hacky cough● Dizziness● Feeling uneasy - you know something is not right● It is harder for you to breathe when lying down. You are needing to sleep sitting up in a chair. |
| Red zone | <p>Emergency</p> <p>Go to the emergency room or call 911 if you have any of the following.</p> <ul style="list-style-type: none">● Struggling to breathe. Unrelieved shortness of breath while sitting still.● Have chest pain.● Have confusion or can't think clearly. |