

MONTH _____ YEAR _____

MY TARGET WEIGHT: _____ VISIT DATE: _____

FEELING INDICATOR ✓
Mark the color that indicates how you are feeling each day.

Good Day
 Worse Day
 Bad Day

Know your target weight by asking your doctor what your target weight is each time you visit. The target weight is where your heart is working best. You and your doctor need a plan for when your weight goes up too much.

Download more tracking sheets at renown.org/heartfailure.

Date	Weight (lbs)	Blood Pressure	Symptoms	Type of physical activity and time
1		/	● ● ●	
2		/	● ● ●	
3		/	● ● ●	
4		/	● ● ●	
5		/	● ● ●	
6		/	● ● ●	
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28		/	● ● ●	
29		/	● ● ●	
30		/	● ● ●	
31		/	● ● ●	

How to Track Your Heart Health Every Day

Do Your Daily Checkup and Check Your Weight Daily

Weigh yourself each morning at the same time.

- After you urinate
- Before you eat breakfast
- Before you get dressed

Use the log on the next page to track your daily weight and blood pressure

Call your doctor if you gain 3 or more pounds in a day or 5 or more pounds in a week

What is your heart health level today?

EVERY DAY

- 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, legs and belly
- Eat heart-healthy, low-salt foods
- Balance activity with rest periods



RED LIGHT – STOP/EMERGENCY

Go to the ER or call 911 if you have any of the following:

- Difficulty breathing, even while sitting still
- Chest pain
- Confusion or inability to think clearly

YELLOW LIGHT – CAUTION

Call your doctor if you have any of the following:

- Weight gain of 3 pounds or more in one day or a weight gain of 5 pounds or more in one week
- Shortness of breath
- Swelling of your feet, legs or belly
- No energy, fatigue
- Dry, hacking cough
- Dizziness
- An uneasy feeling that something is not right
- Difficulty breathing when lying down — you need to sit in a chair in order to sleep

GREEN LIGHT – ALL IS GOOD

When your symptoms are under control you experience:

- No shortness of breath
- No weight gain of more than two pounds (it may change one to two pounds some days)
- No swelling of your feet, legs or belly
- No chest pain

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