

# Heart Failure Zones

Check your symptoms everyday!

GO ZONE	CAUTION ZONE	STOP ZONE
I am at my goal weight	I have <b>gained or lost 3</b> or more lbs. in a day or 5 or more lbs. in a week	I have <b>gained or lost</b> more than 5 lbs. in a day or 7 lbs. in a week
I have <b>NO</b> increase in swelling	I have some <b>increased swelling</b>	I have a <b>lot of swelling</b>
I have <b>NO</b> trouble breathing or my breathing is normal for me	I feel <b>more short of breath</b> doing my normal activities I need to <b>use more pillows</b> when I sleep	I feel <b>short of breath</b> at rest and <b>cannot catch my breath</b> I need to sit in a chair to sleep
I have my normal amount of energy	I feel <b>more tired or weak</b>	I feel <b>very tired</b> and can barely do my normal activities
<b>ALL ARE GREEN:</b> My symptoms are in control! I will continue with my normal daily routine	<b>ONE OR MORE ARE YELLOW:</b> I need to take action <b>TODAY!</b> I will call my doctor _____ at (____) _____	<b>ONE OR MORE ARE RED:</b> I need to take <b>immediate action</b> and call my doctor's office or 911!

Cut page out for easier reference.

**CALL YOUR DOCTOR** if you are in the **"Yellow"** or **"Red"** zone.