

HEART FAILURE ZONES

My goal weight is: _____

I will monitor my symptoms daily and take action if ONE or MORE are in the yellow or red zone.

	GO ZONE	CAUTION ZONE	STOP ZONE
WEIGHT 	I am at my goal weight	I have gained or lost 3 or more lbs in a day or 5 or more lbs in a week	I have gained or lost more than 5 lbs in a day or 7 lbs in a week
SWELLING 	I have NO increase in swelling	I have some increased swelling	I have a lot of swelling
BREATHING 	I have NO trouble breathing or my breathing is normal for me	I feel more short of breath doing my normal activities I need to use more pillows when I sleep	I feel short of breath at rest and cannot catch my breath I need to sit in a chair to sleep
ENERGY 	I have my normal amount of energy	I feel more tired or weak	I feel very tired and can barely do my normal activities
NEXT STEPS 	All are green: My symptoms are in control! I will continue with my normal daily routine	One or more are yellow: I need to take action TODAY! I will call my doctor _____ at (____) _____	One or more are red: I NEED TO TAKE IMMEDIATE ACTION AND CALL MY DOCTOR'S OFFICE OR 911!

WEIGHT & HEART FAILURE ZONE LOG

Date	Weight	My Zone Today			Date	Weight	My Zone Today		
		Green	Yellow	Red			Green	Yellow	Red
		Green	Yellow	Red			Green	Yellow	Red
		Green	Yellow	Red			Green	Yellow	Red
		Green	Yellow	Red			Green	Yellow	Red
		Green	Yellow	Red			Green	Yellow	Red
		Green	Yellow	Red			Green	Yellow	Red
		Green	Yellow	Red			Green	Yellow	Red
		Green	Yellow	Red			Green	Yellow	Red
		Green	Yellow	Red			Green	Yellow	Red
		Green	Yellow	Red			Green	Yellow	Red
		Green	Yellow	Red			Green	Yellow	Red
		Green	Yellow	Red			Green	Yellow	Red
		Green	Yellow	Red			Green	Yellow	Red
		Green	Yellow	Red			Green	Yellow	Red
		Green	Yellow	Red			Green	Yellow	Red
		Green	Yellow	Red			Green	Yellow	Red
		Green	Yellow	Red			Green	Yellow	Red
		Green	Yellow	Red			Green	Yellow	Red
		Green	Yellow	Red			Green	Yellow	Red
		Green	Yellow	Red			Green	Yellow	Red
		Green	Yellow	Red			Green	Yellow	Red
		Green	Yellow	Red			Green	Yellow	Red
		Green	Yellow	Red			Green	Yellow	Red