










Heart Failure Zone Chart

Write your weight and zone on the back of this page every day.



My target weight is pounds.

Every day, I will use this chart to check my weight, swelling, breathing, and energy level. I will take action if **ONE** or **MORE** of these is in the yellow or red zone.

	Green Zone  You are doing OK and in control.	Yellow Zone  Take action—call today.	Red Zone  Take action—call NOW!
		Dr. <input type="text"/> Phone <input type="text"/>	
WEIGHT 	No change in my weight.	My weight is <input type="text"/> pounds or more. My weight is <input type="text"/> pounds or less.	My weight is <input type="text"/> pounds or more. My weight is <input type="text"/> pounds or less.
SWELLING 	I do not have swelling.	I have swelling in my: <ul style="list-style-type: none"> • foot, ankle or shin • knee or thigh 	I have swelling in my: <ul style="list-style-type: none"> • belly, I feel boated or pants are tighter • hands or face
BREATHING 	I do not feel short of breath. Breathing is normal. Sleep is normal.	I feel short of breath or cough while: <ul style="list-style-type: none"> • walking or talking • eating • bathing or dressing I need to use more pillows when I sleep.	I feel short of breath or wheeze at rest. I feel less alert. I need to sleep sitting up to breathe.
ENERGY LEVEL 	My energy level is normal.	I am too tired to do most of my normal activities.	I am so tired that I can hardly do any of my normal activities.

Tear this page out and keep it next to your scale.