








Controlling heart failure at home

How do I feel today?

	 Green zone You are in control.	 Yellow zone Take action today. Call: _____	 Red zone Take action now! Call: _____
Is my weight up? My healthy weight: _____ 	No change in my weight.	My weight is up: <ul style="list-style-type: none"> • 3 pounds overnight • 5 pounds since last week 	My weight is up: <ul style="list-style-type: none"> • 5 pounds overnight
Do I have 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 – feels bloated or pants are tighter • Hands or face
Am I short of breath? 	I do not feel short of breath: <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • Short of breath or wheeze at rest • Less alert I need to sleep sitting up to breathe.
How is my 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.
My other signs of heart failure:			Chest pain or pressure that does not go away.

My action plan for controlling heart failure at home

Things I can do:

- ☐ **Ask “How do I feel today?”**
Do I have a problem with weight gain, swelling, breathing or my energy level?
- ☐ **Weigh myself each day**
Weigh first thing in the morning (after I empty my bladder but before I eat or drink).
- ☐ **Take my medicine**
- ☐ **See my doctor**
- ☐ **Eat a healthy, low-salt diet**
Limit salt to 2,000 mg a day
Limit liquid to 6 – 8 cups a day
(1 cup = 8 ounces)
- ☐ **Get exercise each day**
- ☐ **Know when to take action**
- ☐ **Have a plan for getting help**
- ☐ **Other ideas:**

How I will do these things:

Your care team will work with you to set goals so you can stick to your plan.