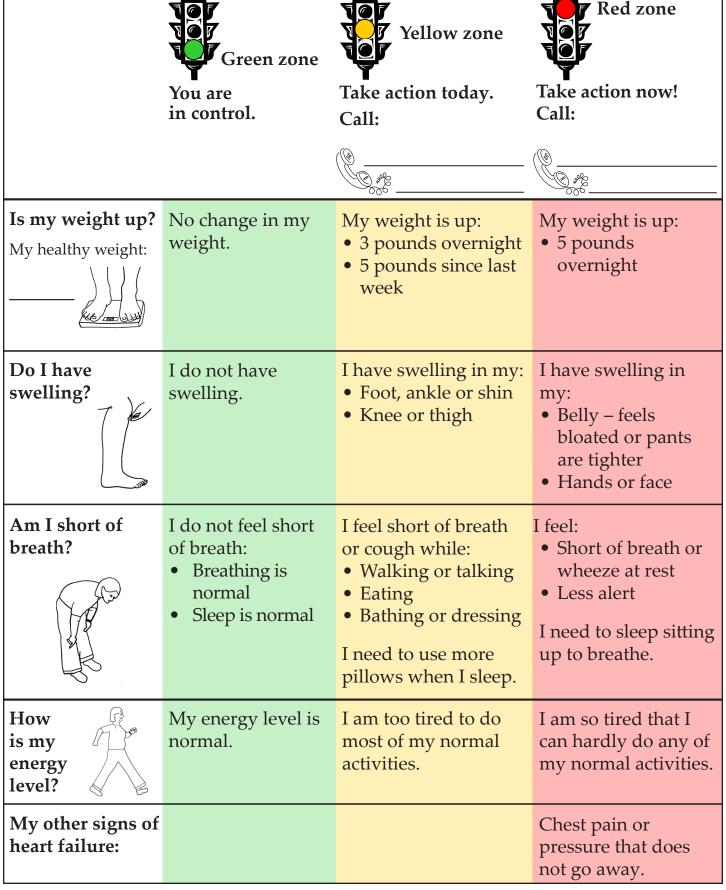
## Controlling heart failure at home

How do I feel today?



## 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.