Instructions for Using This Calendar

1. At the beginning of each month, number all of the days of that month.
2. Each day, record your blood pressure and your weight. Always weigh yourself at the same time, on the same scale, wearing the same amount of clothing.
3. Each day, put a check mark in the colored circle that corresponds to your heart failure zone.

What Your Zone Means

Green: Maintain your therapy. Your symptoms are under control.

Yellow: Your symptoms are getting worse. Call your doctor’s office.

Red: Your symptoms have become severe. Go to the emergency room or call 911.

Recognize Your Symptoms

Call your doctor if you have any signs of worsening heart failure:

- Weight gain of 3 or more pounds in a day or 5 or more pounds in a week
- A dry, hacking cough
- Increased trouble breathing
- Increased swelling of your feet, ankles, legs or stomach
- More tiredness than usual
- An uneasy feeling, like something is not right
- Problems sleeping at night, such as waking up short of breath or needing to sleep sitting up in a chair

Go to the emergency room or call 911 if you have any of the following symptoms:

- Trouble breathing that doesn’t go away
- Chest pain
- Dizziness, confusion or inability to think clearly
- Decreased urination