

HEART FAILURE Zone Tool



Every Day:

- Weigh yourself each morning before breakfast; write it on the weight log
- Compare your weight to yesterday's weight
- Take your medication as prescribed
- Eat low salt foods
- Balance activity and rest times
- Check for swelling in your feet, ankles, hands and stomach
- Check for increased shortness of breath from the previous day

GREEN ZONE: All Clear!

This zone is your goal. Keep up the good work if...

- There is no weight gain of more than 2 pounds in 1 day (it may change 1-2 pounds some days)
- There is no shortness of breath with usual everyday activities
- There is no decrease in everyday activities because of shortness of breath
- There is no swelling in your feet, ankles, hands or stomach
- You have no chest discomfort or pain

YELLOW ZONE: Caution!

This zone is a warning and you should call your doctor if...

- You have a weight gain of 3 pounds in one day or 5 pounds in one week
- There is more swelling of your feet, ankles, hands or stomach
- There is more shortness of breath or chest pain
- You have been increasing your use of oxygen
- You are unable to do normal daily activities because of breathing problems
- You are feeling more tired or have low energy
- You have a dry hacking cough
- You have difficulty lying flat or need to sleep in a chair (if this is a change). You need an increased number of pillows.
- You are feeling dizzy or lightheaded
- You are feeling uneasy or if you know something is not right

RED ZONE: Emergency!

Call 911 or have someone take you to the Emergency Room if...

- You are struggling to breath; you have unrelieved shortness of breath while sitting still
- You have severe, recurrent chest pain
- You are confused or not thinking clearly; fainting
- You are wheezing or have chest tightness at rest
- You have an unusual irregular or rapid heartbeat
- You are coughing up pink, foamy mucus

Key Contacts- Fill in numbers for:

Primary Physician: _____ **Cardiologist:** _____

Other: _____