

HEART FAILURE DAILY WEIGHT TRACKER

Name _____ Hospital discharge weight _____

Month _____ First weight at home _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<input type="checkbox"/>						
<input type="checkbox"/>						
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HEALTHY HEART MANAGEMENT ZONES

GREEN ZONE (ALL CLEAR)

- No weight gain.
- No swelling.
- No shortness of breath.
- No chest pain.
- Normal activity level.

If you are in the Green Zone:

- Your symptoms are under control.

What you should do:

- Keep taking your medications as prescribed.
- Continue to weigh yourself daily.
- Continue to follow a low salt diet and fluid restriction.
- Keep your regular doctor appointments.

YELLOW ZONE (CAUTION!)

- Weight gain of more than two pounds in one day or five pounds in one week.
- Increased cough.
- Increased shortness of breath.
- Waking up at night with shortness of breath.
- Extra pillows needed.
- Increased swelling of the hands or feet or stomach bloating.
- Anything unusual that bothers you.

If you are in the Yellow Zone:

- Your medications may need to be adjusted.

What you should do:

- Call: _____
- If the office is closed, call the Heart Institute nursing coordinator at 613-696-7000 (press 0).

RED ZONE (ALERT!)

- Unrelieved shortness of breath.
- Shortness of breath at rest.
- Wheezing or chest tightness at rest.
- Need to sit in a chair to sleep.
- Feeling confused or disorientated.

What you must do if you are in the Red Zone:

- **You need to see your doctor right away.**
- If you cannot reach your doctor, go to the nearest emergency department. Bring this form with you.
- Cardiologist: _____
- Family doctor: _____

WEIGH YOURSELF EVERY MORNING

- ✓ Empty your bladder.
- ✓ Wear the same amount of clothing.
- ✓ Weigh yourself before breakfast.
- ✓ Use the same scale.
- ✓ Record your weight in the calendar.

NOTES



Day-to-day weight gain is usually fluid gain, not calories.

TIPS FOR HEART-HEALTHY LIVING



Understand your medications and take them as directed.



Follow a low salt diet and stay within the fluid restriction prescribed by your doctor.



Walk every day at a comfortable pace. Begin with short periods, such as five minutes, and gradually increase to 30 minutes.

PLEASE BRING THIS TRACKER WITH YOU TO YOUR NEXT APPOINTMENT.