

# Heart Failure Instructions

<b>Every day</b>	<ul style="list-style-type: none"><li>• Weigh yourself in the morning before breakfast; write it down on the Weight and Zone log below.</li><li>• Take your medication as prescribed.</li><li>• Eat low-salt foods.</li><li>• Watch the amount of fluid you are drinking and limit to: _____ (amount set by your doctor).</li><li>• Check for swelling in your feet, ankles, hands and stomach.</li><li>• Balance activity and rest times.</li></ul>
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## WHAT ZONE ARE YOU IN TODAY? **GREEN**, **YELLOW** or **RED**?

<b>Green Zone</b> (This is your goal)	<ul style="list-style-type: none"><li>• No shortness of breath.</li><li>• No weight gain of more than 2 pounds in one day. (It may change 1 or 2 pounds some days).</li><li>• No swelling in your feet, ankles, hands or stomach.</li><li>• No chest discomfort or pain.</li></ul>
<b>Yellow Zone</b> (Call today)	For Home Health, call # _____ Doctor # _____ <ul style="list-style-type: none"><li>• Weight gain of 3 pounds in one day or 5 pounds in one week</li><li>• More shortness of breath, chest pain</li><li>• More swelling of your feet, ankles, hands or stomach</li><li>• Feeling more tired; no energy</li><li>• Dry, hacky cough</li><li>• New dizziness</li><li>• Feeling uneasy, you know something is not right</li><li>• It is harder for you to breathe when lying down. You need to sit up in a chair.</li></ul>
<b>Red Zone</b> (Emergency Area) Call 911	<ul style="list-style-type: none"><li>• Struggling to breathe; unrelieved shortness of breath while sitting still</li><li>• Severe, recurrent chest pain</li><li>• Confusion or can't think clearly; fainting</li></ul>

***If you smoke, the best thing you can do is quit.***

*Call the Oregon tobacco quit line for help today, 877-270-7867*

# Weight and ZONE Log

Name: \_\_\_\_\_

Month	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	
<b>Check your ZONE →</b>	<span style="display: inline-block; width: 15px; height: 15px; background-color: green; border: 1px solid black;"></span> <span style="display: inline-block; width: 15px; height: 15px; background-color: yellow; border: 1px solid black;"></span> <span style="display: inline-block; width: 15px; height: 15px; background-color: red; border: 1px solid black;"></span>	<span style="display: inline-block; width: 15px; height: 15px; background-color: green; border: 1px solid black;"></span> <span style="display: inline-block; width: 15px; height: 15px; background-color: yellow; border: 1px solid black;"></span> <span style="display: inline-block; width: 15px; height: 15px; background-color: red; border: 1px solid black;"></span>	<span style="display: inline-block; width: 15px; height: 15px; background-color: green; border: 1px solid black;"></span> <span style="display: inline-block; width: 15px; height: 15px; background-color: yellow; border: 1px solid black;"></span> <span style="display: inline-block; width: 15px; height: 15px; background-color: red; border: 1px solid black;"></span>	<span style="display: inline-block; width: 15px; height: 15px; background-color: green; border: 1px solid black;"></span> <span style="display: inline-block; width: 15px; height: 15px; background-color: yellow; border: 1px solid black;"></span> <span style="display: inline-block; width: 15px; height: 15px; background-color: red; border: 1px solid black;"></span>	<span style="display: inline-block; width: 15px; height: 15px; background-color: green; border: 1px solid black;"></span> <span style="display: inline-block; width: 15px; height: 15px; background-color: yellow; border: 1px solid black;"></span> <span style="display: inline-block; width: 15px; height: 15px; background-color: red; border: 1px solid black;"></span>	<span style="display: inline-block; width: 15px; height: 15px; background-color: green; border: 1px solid black;"></span> <span style="display: inline-block; width: 15px; height: 15px; background-color: yellow; border: 1px solid black;"></span> <span style="display: inline-block; width: 15px; height: 15px; background-color: red; border: 1px solid black;"></span>	<span style="display: inline-block; width: 15px; height: 15px; background-color: green; border: 1px solid black;"></span> <span style="display: inline-block; width: 15px; height: 15px; background-color: yellow; border: 1px solid black;"></span> <span style="display: inline-block; width: 15px; height: 15px; background-color: red; border: 1px solid black;"></span>	<span style="display: inline-block; width: 15px; height: 15px; background-color: green; border: 1px solid black;"></span> <span style="display: inline-block; width: 15px; height: 15px; background-color: yellow; border: 1px solid black;"></span> <span style="display: inline-block; width: 15px; height: 15px; background-color: red; border: 1px solid black;"></span>
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- **Record your weight every day**
  - Same time, preferably before breakfast
  - Same clothing
  - Same scale
- **Place a check next to the ZONE you are in each day**
- **Take this log with you to your doctor appointments**