

# Keep your heart in the healthy zone

## What zone are you in today? **Green**, **Yellow** or **Red**

### Every Day:

- Weigh yourself in the morning before breakfast, write it down and compare it to the last weight.
- Take your drugs as prescribed.
- Check for swelling in your feet, ankles, legs and stomach.
- Eat food low in salt.
- Balance activity and rest periods.

### Green Zone: Doing well

Your symptoms are under control. You have:

- No shortness of breath
- No weight gain of 2 pounds or more
- No feet, ankle, leg or stomach swelling
- No chest pain



### Yellow Zone: Getting worse

#### CAUTION - This zone is a warning

#### Call your doctor's office if:

- You gain 2 pounds in 2 days or 4 pounds or more in 1 week
- New or increased shortness of breath
- More swelling of your feet, ankles, legs or stomach
- Dry cough
- Dizziness
- Feeling uneasy, tired or you know something is not right
- It is hard for you to breathe when lying down



### Red Zone: Much worse

#### EMERGENCY

#### Call your doctor or call 911 if:

- Struggling to breathe or have shortness of breath while sitting still
- Need to sleep sitting up to breathe better
- Have chest pain
- Feel confused or can't think clearly
- Almost passed out, fainted or have fallen



Doctor's name: \_\_\_\_\_ Phone: \_\_\_\_\_

# Daily weight record



Month:			Month:		
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If any of the following occur,  
call doctor: \_\_\_\_\_  
at \_\_\_\_\_

## Weight

- Goes up 2 pounds in two days
- Goes up 4 pounds in one week

## Swelling

- Ankles
- Feet
- Hands
- Face
- Neck
- Stomach

## Breathing

- Wheezing
- Difficulty breathing

## Other Symptoms

- Chest pain
- Dizziness

## \*Refer to your HF Zone Guide

Mark the zone you are in each day.

**Green:** This is the goal zone.

**Yellow:** This zone is a warning.

**Red:** This zone is an emergency.

