

Heart Failure Zones

EVERYDAY



Weigh yourself on your scale at home.

You weighed _____ pounds on _____ (date)

- Weigh yourself daily after going to the bathroom and before breakfast.
- **Write your weight down on a calendar and your exercise diary, and then compare it to yesterday's weight.**
- Check your legs and feet for swelling (morning and night).
- Limit your fluid intake to 6 -8 cups (equals 1500-2000 ml or 48-64 ounces every 24 hours). *Include all liquids.*
- Do not add salt to your food and eat foods that are low in salt.
- Take your medicine as prescribed.

WHICH ZONE ARE YOU IN TODAY?

GREEN ZONE



ALL CLEAR – THIS ZONE IS YOUR GOAL!

Your Heart Failure is under control

- You have not had a weight gain more than **2 kgs (4 lbs) in 2 days or 2.5 kgs (5 lbs) in 7 days.**
- You have no shortness of breath with moderate activity.
- You have very little fatigue with moderate activity.
- You see no swelling in your legs and feet.
- You have no chest discomfort, pressure or pain.

YELLOW ZONE



THIS ZONE IS A WARNING!

Call your **doctor's office** or the Heart Function Clinic if you have any of the following:

Doctor's Name _____

Office Number _____

- You have a weight gain of more than **2 kgs (4 lbs) in 2 days or 2.5 kgs (5 lbs) in 7 days.**
- You feel more short of breath than usual.
- You find it difficult to breathe when you lie down.
- You have more swelling in your feet and legs than usual.
- You feel more tired than usual and **unable to do your daily activities.**
- Your heart is racing or beating irregularly.
- You have a poor appetite or your abdomen is bloated.

RED ZONE



THIS ZONE IS AN EMERGENCY!

Call **911** for any of the following:

- You have severe shortness of breath and are struggling to breathe.
- You have new or worsening chest pain.
- You have worsening light headedness or you are fainting.
- You notice confusion or inability to think clearly.