

# Heart Failure Self-Management Plan

Name \_\_\_\_\_ Date \_\_\_\_\_ Do not smoke; avoid secondhand smoke.

**Every day:** ☐ Weigh yourself first thing in the morning. ☐ Take your medications. ☐ Eat low sodium foods. ☐ Balance activity with rest periods.

## Green Zone: All Clear

If you have:

- ✓ No shortness of breath.
- ✓ Weight gain less than 2 pounds (although a 1–2 pound gain may occur some days).
- ✓ No swelling of your feet, ankles, legs, or stomach.
- ✓ No chest pain.
- ✓ Ability to do usual activities.



## What this could mean:

- ✓ Your symptoms are under control.
- ✓ Continue to take your medications as ordered.
- ✓ Follow your meal plan.
- ✓ Keep all doctor appointments.

## Yellow Zone: Caution

If you have **any** of the following:

- ✓ Sudden weight gain of more than 2–3 pounds in a 24-hour period or 5 pounds in a week.
- ✓ Increased shortness of breath.
- ✓ Increased swelling of your feet, ankles, legs, or stomach.
- ✓ Fatigue or lack of energy.
- ✓ Dry hacking cough.
- ✓ Dizziness.
- ✓ An uneasy feeling—you know something is not right.
- ✓ Difficulty breathing when lying down or you sleep sitting up with more pillows than usual.
- ✓ Chest pain or tightness.



## What this could mean:

*Call your doctor **and** your cardiologist.*

**Doctor:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Instructions:** \_\_\_\_\_

**Cardiologist:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Instructions:** \_\_\_\_\_

*If you notice a Yellow Zone Caution, work closely with your healthcare team.*

## Red Zone: Medical Alert! Stop and Think

If you:

- ✓ Are struggling to breathe or have unrelieved shortness of breath while at rest.
- ✓ Have chest pain or shortness of breath.
- ✓ Have confusion or can't think clearly.



## What this could mean:

- ✓ ***You need to be evaluated by a healthcare professional immediately.***
- ✓ ***Call 9-1-1.***
- ✓ ***Notify your doctor's office.***

Source: American Heart Association. [www.heart.org](http://www.heart.org)

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