

Heart Failure Self-Management Plan

Name: _____

Date: _____

Every day: Weigh yourself in the morning Take your medications Eat low salt foods Balance activity with rest periods

Green Zone: All Clear

If you have any of the following:

- No shortness of breath
- Weight gain less than two 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 healthy eating habits
- Keep all physician appointments

Yellow Zone: Caution

If you have any of the following:

- A weight gain of two or more pounds in one day or 3–5 pounds in one 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 extra pillows
- New or frequent chest pain or tightness

What this could mean:

- Your symptoms may indicate that you need an adjustment of your medications.

Call your home care nurse or primary care doctor and your cardiologist

Doctor: _____	Cardiologist: _____
Phone: _____	Phone: _____
Instructions: _____	Instructions: _____
_____	_____

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

Red Zone: Medical Alert! Stop and Think

If you have any of the following:

- Are struggling to breathe or have unrelieved shortness of breath while sitting still
- Have chest pain not relieved or reoccurs after taking three nitro tablets
- Have confusion or can't think clearly

What this could mean:

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