

# Heart Failure Stoplight Tool

<p><b>Every Day</b></p>	<ul style="list-style-type: none"> <li>• Weigh yourself each morning before breakfast. Record it on the weight log along with any symptoms you're having.</li> <li>• Compare your weight to yesterday's weight.</li> <li>• Check which heart failure zone you are in (Green, Yellow or Red).</li> <li>• Take your medication as prescribed.</li> <li>• Eat low-salt foods.</li> <li>• Balance activity and rest times.</li> <li>• Check for swelling in your feet, ankles, hands and stomach.</li> <li>• Check for increased shortness of breath from the previous day.</li> </ul>
<p><b>Green Zone</b></p>	<ul style="list-style-type: none"> <li>• You do not gain more than 2 pounds in 1 day; weight may change 1-2 pounds.</li> <li>• You do not have shortness of breath with your everyday activities.</li> <li>• You do not limit everyday activities because of shortness of breath.</li> <li>• You do not have swelling in your feet, ankles, hands or stomach.</li> <li>• You do not have chest discomfort or pain.</li> </ul> <p><b>ALL CLEAR! This zone is your goal. Keep up the good work!</b></p>
<p><b>Yellow Zone</b></p>	<ul style="list-style-type: none"> <li>• You gain 3 pounds in 1 day or 5 pounds in 1 week.</li> <li>• More swelling of your feet, ankles, hands or stomach</li> <li>• More shortness of breath, chest pain</li> <li>• You are not able to do normal daily activities because of breathing problems.</li> <li>• Feeling more tired; no energy</li> <li>• Dry, hacking cough</li> <li>• You have difficulty lying flat or need to sleep in a chair (if a change from routine).</li> <li>• Feeling dizzy or lightheaded</li> <li>• You feel uneasy or know something is not right.</li> </ul> <p><b>CAUTION! This zone is a warning and you should call your doctor.</b></p>
<p><b>Red Zone</b></p>	<ul style="list-style-type: none"> <li>• You are struggling to breathe or have unrelieved shortness of breath while sitting still.</li> <li>• Severe, recurrent chest pain</li> <li>• You have confusion, cannot think clearly or are fainting.</li> <li>• You are wheezing or have chest tightness at rest.</li> </ul> <p><b>EMERGENCY! Call 911 or have someone take you to the Emergency Room!</b></p>

# Weight and Symptom Log for Heart Failure

**What to do:**

- Weigh yourself every morning after going to the bathroom, before eating and wearing the same amount of clothing. Record your weight and any symptoms you have that day.
- Notify your nurse or doctor if you have more than a 3-pound weight gain in 1 day or if you have a 5-pound weight gain in 5 days.
- Bring this record with you to each visit with the doctor or nurse.

Date	Weight	Comments/Symptoms