

# Heart Failure Patient Action Plan

<p><b>GREEN ZONE</b></p> <p>I feel well</p>	<p><b>Excellent – keep up the good work!</b></p>	
<p><b>YELLOW ZONE</b></p> <p>I do not feel well</p>	<p><b>My symptoms:</b></p> <ul style="list-style-type: none"> <li>• My weight is stable</li> <li>• I have no new or worsening shortness of breath and no chest pains</li> <li>• Physical activity level is normal for me</li> <li>• My feet and legs look normal for me</li> <li>• No new or worsening swelling</li> </ul>	<p><b>My actions:</b></p> <ul style="list-style-type: none"> <li>• Keep taking your heart &amp; water pills as directed.</li> <li>• Eat low-salt foods, goal is than 2,000 mg sodium per day.</li> <li>• Drink limited liquids, 64 fluid oz. or 2 liters per day.</li> <li>• Weigh yourself daily and write it down.</li> <li>• Go to your medical appointments for follow up care. The provider managing your heart failure is: _____</li> </ul> <div data-bbox="1045 1100 1357 1247" style="text-align: center;"> <p><b>You may need to step up treatment</b></p> </div>
<p><b>RED ZONE</b></p> <p>I need to get help now</p>	<p><b>Medical alert – you need to be evaluated right away!</b></p>	
	<p><b>My symptoms:</b></p> <ul style="list-style-type: none"> <li>• I am having chest pain or shortness of breath at rest</li> <li>• I noticed an increase in discomfort or swelling in my lower body and/or my belly</li> <li>• I am having more trouble sleeping; I can't lie flat</li> <li>• I have noticed a loss of appetite; I have new or worsening dizziness, confusion, sadness or depression</li> <li>• I have a cough that is worse – dry hacking or a wet wheezing sound</li> <li>• My weight has suddenly gone up by more than 2 pounds in a 24 hour period or more than 5 pounds this week</li> </ul>	<p><b>My actions:</b></p> <ul style="list-style-type: none"> <li>• Get help now.</li> <li>• Call your doctor or 911.</li> </ul> <div data-bbox="1027 1535 1377 1879" style="text-align: center;"> <p><b>STOP!</b></p> <p><b>Get help now. Call your doctor or 911.</b></p> </div>

# How do I feel today?

**Feeling indicator:** Mark the color you are feeling each day

 Good Day     Bad Day     Worse Day

						
BP HR Weight	BP HR Weight	BP HR Weight	BP HR Weight	BP HR Weight	BP HR Weight	BP HR Weight
						
BP HR Weight	BP HR Weight	BP HR Weight	BP HR Weight	BP HR Weight	BP HR Weight	BP HR Weight
						
BP HR Weight	BP HR Weight	BP HR Weight	BP HR Weight	BP HR Weight	BP HR Weight	BP HR Weight
						
BP HR Weight	BP HR Weight	BP HR Weight	BP HR Weight	BP HR Weight	BP HR Weight	BP HR Weight
						
BP HR Weight	BP HR Weight	BP HR Weight	BP HR Weight	BP HR Weight	BP HR Weight	BP HR Weight

Weighing daily helps you to track your fluid and prevent re admission.