Heart Failure: Daily Checks to Stay Healthy





Everything is **OK**

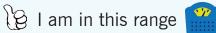




WEIGHT



I should weigh pounds







My weight is 44 or -4 pounds of goal

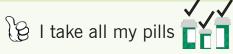


I write down my weight every day

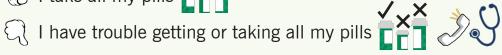
MEDICINE



Take ALL of your pills every day as directed







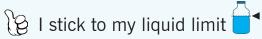


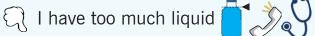


DRINKING



I can have oz of liquid a day



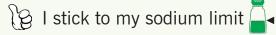


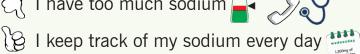
I keep track of my liquids every day

SODIUM



I can have ____ mg of salt/sodium a day



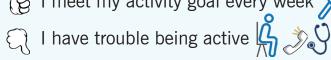




I need to be active for minutes every week

I can do these activities:

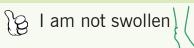


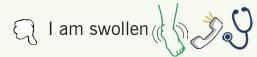


SWELLING

Feet **Ankles** Belly

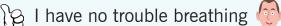
Check your feet, ankles and belly for swelling













I am short of breath 👰 🔊



I have a dry cough 🔑 🔊 🔾





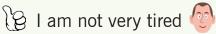
It is hard to breathe (CALL 911



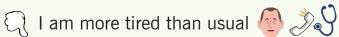
ENERGY



How tired are you?











I am confused or can't think straight (CALL 911





Tam dizzy 🙆 💸



I am going to the bathroom at night more than usual?



I feel like something just isn't right



I have chest pain that is new or worse than before CALL 911

