

Daily Weight & Zone Calendar

MONTH: _____

- Record your weight on this calendar every morning after you urinate and before you have breakfast.
- Place a check in the box that represents the color of your zone that day.





















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please bring this calendar with you whenever you have a doctor's appointment.



Heart Failure Zones

Help yourself feel better and stay out of the hospital by assessing what zone you are in today? **Green, Yellow, or Red**

<p>Every Day Do this EVERY DAY</p>	 Weigh and record, Take with to appointments	 Take your medications as prescribed	 Check for swelling in your feet, legs, and abdomen	 Follow a low sodium diet	 Balance your activity with your rest periods
<p>Green Zone This ZONE is Your Goal</p>	<p>Your symptoms are under control if you have:</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="394 511 604 665">  Not more short of breath than yesterday </div> <div data-bbox="709 511 919 665">  No weight gain </div> <div data-bbox="1024 511 1192 665">  No increase in swelling </div> <div data-bbox="1297 511 1486 665">  No chest pain </div> </div>				<p>When in the Green Zone:</p> <ul style="list-style-type: none"> -Continue taking your medications as ordered, daily weights & eating low salt diet -Keep all provider appointments
<p>Yellow Zone This ZONE is a WARNING!</p> <p>Call your Doctor! Tell them: I need my doctor or the nurse to call me TODAY about my HEART FAILURE.</p>	<p>You are in the Yellow Zone if you have 1 or more of the following:</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="394 787 604 941">  More shortness of breath than yesterday </div> <div data-bbox="688 787 898 941">  Weight Gain: 2-3 lbs in 24 hours or 5 lbs in a week </div> <div data-bbox="1024 787 1192 941">  More swelling than normal in feet, ankles, legs, or stomach </div> <div data-bbox="1402 787 1570 941">  Feel uneasy, know something is wrong </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div data-bbox="394 1015 604 1169">  More tired, No energy </div> <div data-bbox="688 1015 898 1169">  Dry hacky cough </div> <div data-bbox="961 1015 1129 1169">  Dizziness, lightheaded </div> <div data-bbox="1255 1015 1423 1169">  Hard to breath lying down, sleep sitting in a chair </div> </div>				<p>What to do if you are in the Yellow Zone:</p> <ul style="list-style-type: none"> -Call your care provider -You may need an adjustment of your medications -Continue daily weights -Follow low salt diet -Keep all provider appointments
<p>Red Zone This Zone is an EMERGENCY! Go to ER or call 911</p>	<p>You are in the Red Zone if you have:</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="499 1258 709 1437">  Struggling to breathe, shortness of breath that doesn't get better even while sitting still </div> <div data-bbox="1045 1258 1255 1437">  Chest pain or pressure </div> <div data-bbox="1360 1258 1570 1437">  Confused Can't think clearly </div> </div>			<p>What to do if you are in the Red Zone:</p> <ul style="list-style-type: none"> -Go to the emergency room or call 911 -You need to be evaluated right away 	