

My Heart Failure Symptom Chart

| | WEIGHT | B/P | HR | ZONE, CHANGE IN SYMPTOMS / NOTES |
|-----------|--------|-----|----|----------------------------------|
| SUNDAY | | | | |
| MONDAY | | | | |
| TUESDAY | | | | |
| WEDNESDAY | | | | |
| THURSDAY | | | | |
| FRIDAY | | | | |
| SATURDAY | | | | |

This chart will help you to keep track of your symptoms.

At Discharge:

Blood Pressure

Pulse

Symptoms:
