EVERYDAY: WHICH ZONE ARE YOU IN TODAY?

• Weigh yourself each day before breakfast
• Write it down and compare
• Take your medications as instructed by your provider
• Check for swelling in your feet, legs, ankles, and stomach
• Eat foods that are low in salt or sodium free
• Balance activity and rest periods

ALL CLEAR: THIS IS YOUR GOAL ZONE

You are able to perform your usual activities and have:

• No shortness of breath
• No chest pain
• No swelling in your feet, legs, ankles or stomach
• Not gained more than 2 pounds in a day or 5 pounds in one week

Goal Weight: ____________

WARNING ZONE: CALL YOUR NURSE OR PROVIDER

If you have any of the following signs or symptoms:

• Weight gain of more than 2 pounds in one day or 5 pounds in one week
• Increased dry hacking, persistent cough
• More shortness of breath or wheezing
• More swelling in your feet, legs, ankles or stomach
• It’s harder to breathe when you are laying down
• Dizziness, lightheadedness, or irregular heartbeat
• Your defibrillator goes off, you get a shock
• Feeling uneasy, you know something is not right

MEDICAL ALERT ZONE: CALL 911

If you have any of the following signs or symptoms:

• Struggling to breathe, short of breath while sitting still
• Passing out or feeling like you may pass out
• New chest pain or pressure, or chest pain not relieved by 3 nitroglycerine tablets
• Racing heartbeat with lightheaded spells
• Confusion or problems thinking clearly