Heart Failure Stoplight Tool

| Every Day | • Weigh yourself each morning before breakfast. Record it on the weight log along with any symptoms you’re having.  
• Compare your weight to yesterday’s weight.  
• Check which heart failure zone you are in (Green, Yellow or Red).  
• Take your medication as prescribed.  
• Eat low-salt foods.  
• Balance activity and rest times.  
• Check for swelling in your feet, ankles, hands and stomach.  
• Check for increased shortness of breath from the previous day. |
|---|---|
| Green Zone | • You do not gain more than 2 pounds in 1 day; weight may change 1-2 pounds.  
• You do not have shortness of breath with your everyday activities.  
• You do not limit everyday activities because of shortness of breath.  
• You do not have swelling in your feet, ankles, hands or stomach.  
• You do not have chest discomfort or pain.  

**ALL CLEAR! This zone is your goal. Keep up the good work!** |
| Yellow Zone | • You gain 3 pounds in 1 day or 5 pounds in 1 week.  
• More swelling of your feet, ankles, hands or stomach  
• More shortness of breath, chest pain  
• You are not able to do normal daily activities because of breathing problems.  
• Feeling more tired; no energy  
• Dry, hacking cough  
• You have difficulty lying flat or need to sleep in a chair (if a change from routine).  
• Feeling dizzy or lightheaded  
• You feel uneasy or know something is not right.  

**CAUTION! This zone is a warning and you should call your doctor.** |
| Red Zone | • You are struggling to breathe or have unrelieved shortness of breath while sitting still.  
• Severe, recurrent chest pain  
• You have confusion, cannot think clearly or are fainting.  
• You are wheezing or have chest tightness at rest.  

**EMERGENCY! Call 911 or have someone take you to the Emergency Room!** |
Weight and Symptom Log for Heart Failure

What to do:
- Weigh yourself every morning after going to the bathroom, before eating and wearing the same amount of clothing. Record your weight and any symptoms you have that day.
- Notify your nurse or doctor if you have more than a 3-pound weight gain in 1 day or if you have a 5-pound weight gain in 5 days.
- Bring this record with you to each visit with the doctor or nurse.

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<th>Date</th>
<th>Weight</th>
<th>Comments/Symptoms</th>
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