

Enjoying Life While Managing Heart Failure:

PATIENT LOG



Put this sheet in a place where you can see it and write updates down daily.

Weigh yourself at the same time every day, wearing the same amount of clothing.

Call your healthcare team if you have new symptoms, symptoms that are getting worse, if you gain 3 or more pounds in a day, or 5 or more pounds in less than a week.

Keep a symptom journal to keep track of how you are feeling to share with your healthcare team every visit.

Date/Things I needed to call my healthcare team about:

Date/New instructions my healthcare team gave me when I called in:

Date/Things to remember to ask about/talk about at my next appointment:

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Heart Failure Log Sheet

Dry Weight (your weight when you are not feeling any symptoms) _____

Date	Weight	Symptoms	Actions
01/01	180	3 pound weight gain, coughing	Took extra fluid pill