

Daily Health Monitoring Chart

Society for Heart Failure and Transplantation

Daily Monitoring Instructions:

- Weigh yourself at the same time each day (preferably morning, after using bathroom)
- Take blood pressure readings at consistent times
- Record any symptoms using the severity scale (1=mild, 5=severe)
- Note activities, diet changes, or medication adjustments
- Contact your healthcare team if weight increases >2 lbs in 24 hours or >5 lbs in one week

Weekly Health Tracking:

Date	Weight (lbs)	Blood Pressure	Heart Rate	Shortness of Breath (1-5)	Sleeping (1-5)	Fatigue (1-5)	Notes
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		___/___					
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Target Ranges & Guidelines:

Measurement	Target Range	Action Required
Weight Change	Stable (± 1 lb daily)	Call if >2 lbs in 24 hours
Blood Pressure	<130/80 mmHg	Monitor if consistently high
Heart Rate	60-100 bpm at rest	Note if <60 or >100 bpm
Shortness of Breath	Level 1-2	Call if Level 4-5
Swelling	None to minimal	Call if moderate to severe
Fatigue	Level 1-2	Monitor if Level 3+

Traffic Light Action System:

■ GREEN ZONE - All Clear:

- Weight stable, no new symptoms
- Continue current medications and activities

■ YELLOW ZONE - Caution:

- Weight gain 2-5 lbs, mild symptoms
- Contact healthcare team within 24 hours

■ RED ZONE - Emergency:

- Weight gain >5 lbs, severe symptoms
- Call 911 or go to emergency room immediately