

Heart Failure Symptom Diary

Society for Heart Failure and Transplantation

How to Use This Symptom Diary:

- Record symptoms as they occur throughout the day
- Rate severity using the 1-5 scale (see below)
- Note the time when symptoms began
- Include triggers, activities, or circumstances that may have caused symptoms
- Bring this diary to all medical appointments

Symptom Severity Scale:

Rating	Severity	Description
1	Mild	Barely noticeable, does not interfere with activities
2	Light	Slight discomfort, minimal impact on daily life
3	Moderate	Interferes with some activities, noticeable discomfort
4	Severe	Significantly limits daily function and activities
5	Critical	Unable to function, requires immediate medical attention

Daily Symptom Tracking:

Date/Time	Symptom	Severity (1-5)	Duration	Triggers/Notes
	Shortness of breath			
	Fatigue/Weakness			
	Swelling (legs/ankles)			

	Chest discomfort			
	Sleep difficulties			
	Rapid heartbeat			
	Dizziness			
	Nausea			
	Loss of appetite			
	Persistent cough			

■■ EMERGENCY SITUATIONS - CALL 911 IMMEDIATELY:

- Severity 4-5 symptoms that don't improve with rest
- Severe chest pain or pressure
- Extreme shortness of breath at rest
- Fainting or loss of consciousness
- Rapid weight gain (>2 lbs in 24 hours)
- Severe swelling that develops suddenly

Healthcare Team Contact Information:

Contact	Name	Phone Number	When to Call
Cardiologist	_____	_____	Routine appointments, medication questions
Heart Failure Nurse	_____	_____	Symptom changes, daily monitoring questions

Primary Care Doctor	_____	_____	General health concerns
Pharmacy	_____	_____	Medication refills, side effects
Emergency Contact	_____	_____	After hours, urgent situations