



Heart Failure Zone Tool

Name _____ Date _____

Green Zone: All Clear

If you have:

- ✓ No shortness of breath
- ✓ Weight gain less than two pounds (although a 1–2 pound gain may occur some days)
- ✓ No swelling of your feet, ankles, legs, or stomach
- ✓ No chest pain
- ✓ Ability to do usual activities



Green Means I Should:

- ✓ Weigh yourself in the morning
- ✓ Continue to take your medications as ordered
- ✓ Follow healthy eating habits, low salt foods
- ✓ Balance activity with rest periods
- ✓ Keep all doctor appointments

Yellow Zone: Caution

If you have **any** of the following:

- ✓ A weight gain of two or more pounds in one day or 3–5 pounds in one week
- ✓ Increased shortness of breath
- ✓ Increased swelling of your feet, ankles, legs, or stomach
- ✓ Fatigue or lack of energy
- ✓ Dry hacking cough
- ✓ Dizziness
- ✓ An uneasy feeling—you know something is not right
- ✓ Difficulty breathing when lying down or you sleep sitting up with extra pillows
- ✓ New or frequent chest pain or tightness



Yellow Means I Should:

- ✓ Your symptoms may indicate that you need a medication adjustment. *Call your doctor **and** your cardiologist*

Doctor: _____

Phone: _____

Instructions: _____

Cardiologist: _____

Phone: _____

Instructions: _____

Red Zone: Medical Alert! Stop and Think

If you:

- ✓ Are struggling to breathe or have shortness of breath while sitting still
- ✓ Have chest pain that won't stop or reoccurs after taking three nitro tablets
- ✓ Have confusion or can't think clearly



Red Means I Must:

- ✓ **Take Action!**
- ✓ **Call 9-1-1**