Heart Failure Symptom Tracker

Contact the Heart Failure Clinic immediately with any worsening symptoms

- Swelling in the legs/feet or pants getting tight
- Weight gain >2lbs in 24hrs or >5lbs in 1 week
- Decreased urination
- Feeling more tired than usual
- Increased shortness of breath – inability to breathe while laying in bed, shortness of breath at rest

Date	Morning Weight	Blood Pressure	Heart Rate	Notes/Symptoms