**Heart Failure Daily Stoplight Tool**

**Yellow Zone: CAUTION**

**SIGNS MY HEART FAILURE IS GETTING WORSE**

**CALL IMMEDIATELY**

Doctor: __________________

Phone: __________________

**Call Cardiologist for:**

- Heart Failure Management:
  - Check for symptoms daily
  - Take medications as directed
  - Eat a 2000 mg sodium diet
  - Limit fluids to 64 onces per day
  - Check weight every morning
  - Balance activity & rest periods
  - Attend all doctor appointments
  - Check blood pressure & heart rate

*or as directed by provider

**Green Zone:**

- **No shortness of breath**
- **No swelling**
- **No weight gain**
- **No chest pain**
- **Able to do regular activities**

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<th>Target Weight:</th>
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<th>Sodium Restriction:</th>
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<th>Fluid Restriction:</th>
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**Red Zone: DANGER – STOP**

**GET HELP NOW**

Call 911

- **Shortness of breath at rest**
- **Chest discomfort that does not go away**
- **Wheezing or chest tightness at rest**
- **Confused or you’re not thinking clearly**