

SAINT  
JOSEPH  
MERCY  
HEALTH SYSTEM  
A MEMBER OF TRINITY HEALTH



Bring this log to all your  
medical appointments.

## Staying On Track

HEART FAILURE LOG



MICHIGAN HEART &  
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## *How to keep your* Heart Failure Log

- Weigh yourself every day at the same time with the same amount of clothing.
  - Call your doctor or nurse if you gain two pounds overnight or four pounds in one week.
  - Record any changes in the medication doses that you take.
  - Record any symptoms of heart failure.
  - Bring this log with you to every office or emergency room visit.
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- **Heart Failure Symptoms**
    - Weight gain of two or more pounds overnight or four pounds in one week.
    - Increased swelling in your legs, ankles, feet or abdomen.
    - Waking up in the middle of the night short of breath or coughing.
    - Using more pillows to help with breathing in bed.
    - Increased shortness of breath or extreme tiredness when doing usual activities.
    - Increased coughing.













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