



Excellent—Keep Up the Good Work!



No new or worsening shortness of breath



Physical activity level is normal for you



No new swelling, feet, ankles and legs look normal for you



Weight check stable
Weight: _____

**GREAT!
CONTINUE:**



Daily Weight Check



Meds as Directed



Low-Sodium Eating



Follow-up Visits



Pay Attention—Use Caution!



Worsening shortness of breath with activity and/or cough



Increased swelling of legs, ankles and feet



Sudden weight gain of more than 2-3 lbs. in a 24-hour period (or 5 lbs. in a week)



Trouble sleeping

CHECK IN!

Your symptoms may indicate:



A need to contact your doctor or health care team



A need for a change in medications



Medical Alert—Warning!



Shortness of breath at rest or cough



Increased discomfort or swelling in the lower body



Sudden weight gain of more than 2-3 lbs. in a 24-hour period (or 5 lbs. in a week)



New or worsening dizziness, confusion, sadness or depression or loss of appetite



Increased trouble sleeping: cannot lie flat

WARNING!

You need to be evaluated right away.



Call your physician or call 911