



Heart Failure Action Plan



Record Symptoms

Check off the heart failure symptoms you have had in the past month and write down how often they occurred:

Rapid or irregular heart beat

Shortness of breath

Weakness

Fatigue

Dizziness

Coughing

- Fluid retention**, which may lead to swelling of the legs, feet, and abdomen

Stay Active

Physical activity can reduce stress; boost energy; and lessen breathlessness, weakness, and other symptoms of heart failure. Exercise also can help people with heart failure lose weight and improve their circulation, blood pressure, and cholesterol levels.

Talk with your physician about appropriate exercises for you to do and how often you should do them.

Type of safe exercise _____

Schedule/Duration _____

Type of safe exercise _____

Schedule/Duration _____

Type of safe exercise _____

Schedule/Duration _____

Record Your Weight for the Week

Weigh yourself every day this week. If you suddenly gain 2 to 3 pounds, talk with your physician.

- Monday weight _____
- Tuesday weight _____
- Wednesday weight _____
- Thursday weight _____
- Friday weight _____
- Saturday weight _____
- Sunday weight _____

Get a Yearly Flu Shot and a One-Time Pneumonia Vaccination*

- Date of flu shot _____
- Date of pneumonia vaccination _____

****If you were vaccinated 5 or more years ago you may need a second vaccination if you have certain chronic illnesses or you were younger than age 65 when first vaccinated. Ask your physician about your vaccination schedule.***

Reduce the Effects of Stress

Getting stressed-out can make heart failure worse by speeding up your heart rate and raising blood pressure. Try these tips:

- **Talk it out.** Discussing your concerns with a friend or family member can relieve stress
- **Take a walk.** Even gentle exercise eases tension. Go for a walk in the park at lunch. ■