

Living with Heart Failure: Daily Symptom Monitoring Log

Use this daily log to monitor your heart failure symptoms:

- Write down the month you are monitoring at the top of the log
- Fill in the day of the month (in the left column)
- Record your symptoms for each day of the month

Symptom self-check log: record your findings below

Month _____

Record pulse and blood pressure if directed by your provider

Date	Weight	Change in your breathing	Swelling	Fatigue	Change in appetite	Heart Failure Zone	Pulse	Blood Pressure
<i>(Example)</i> 12/01/20	150 lbs	No	Yes, ankles	Yes	Yes	Yellow	80	110/70

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