

Daily Weight & Zone Calendar

- Record your weight on this calendar every morning after you urinate and before you have breakfast.
- Place a check in the box that represents the color of your zone that day.













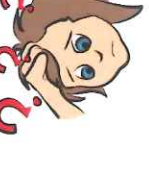
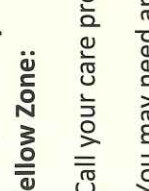
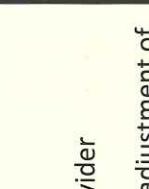



MONTH: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please bring this calendar with you whenever you have a doctor's appointment.



Help yourself feel better and stay out of the hospital by assessing what zone you are in today? **Green, Yellow, or Red.**

<p>Every Day</p>	<p>Do this EVERY DAY</p>	 <p>Weigh and record, Take with to appointments</p>	 <p>Take your medications as prescribed</p>	 <p>Swelling</p> <p>Check for swelling in your feet, legs, and abdomen</p>	 <p>Balance your activity with your rest periods</p>	 <p>Follow a low sodium diet</p>
<p>Green Zone This ZONE is Your Goal</p>	<p>Your symptoms are under control if you have:</p> <ul style="list-style-type: none">  No shortness of breath  No weight gain  No swelling  No chest pain 	<p>-Continue taking your medications as ordered</p> <p>-Continue daily weights</p> <p>-Follow low salt diet</p> <p>-Keep all provider appointments</p>				
<p>Yellow Zone This ZONE is a WARNING! Call your Doctor! Tell them: I need my doctor or their nurse to call me TODAY about my HEART FAILURE.</p>	<p>You are in the Yellow Zone if you have 1 or more of the following:</p> <ul style="list-style-type: none">  More shortness of breath than normal  Weight Gain: 2-3 lbs in 24 hours or 5 lbs in a week  More swelling than normal in feet, ankles, legs, or stomach  Dizziness, lightheaded  Dry hacky cough  More tired, No energy 	<p>What to do if you are in the Yellow Zone:</p> <ul style="list-style-type: none"> -Call your care provider -You may need an adjustment of your medications -Continue daily weights -Follow low salt diet -Keep all provider appointments 				
<p>Red Zone This Zone is an EMERGENCY! Go to ER or call 911</p>	<p>You are in the Red Zone if you have:</p> <ul style="list-style-type: none">  Struggling to breathe, shortness of breath That doesn't get better even while sitting still  Chest pain  Confused Can't think clearly 	<p>What to do if you are in the Red Zone:</p> <ul style="list-style-type: none"> -Go to the emergency room or call 911 -You need to be evaluated right away 				