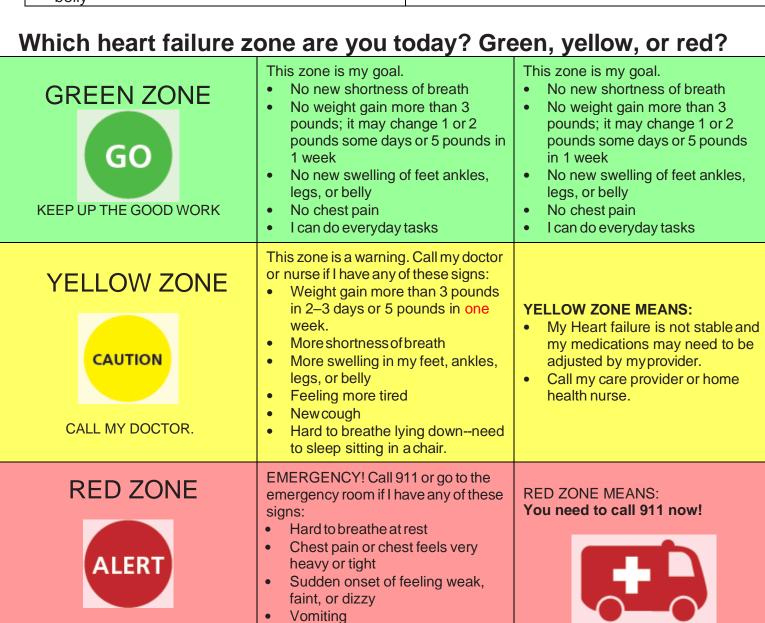


Patient **Information**

KNOW YOUR HEART FAILURE ZONE.

Doctor's Name:	NextAppointment:
Doctor's Phone:	Dry Weight:
 EVERY DAY Weigh yourself at the same time each day Take your pills Check for swelling in your feet, ankles, legs, and belly 	 Eat a low salt diet Allow for rest periods Planforrestafter each activity



CALL 911

Coughing up pink-frothy sputum

Stillwater Medical Center Know Your Heart Failure Zone and Weight Record



Weigh every morning, after urinating, before eating, and with the same amount of clothing.

Date	Weight	Вр	Pulse	Date	Weight	Вр	Pulse
				_			
				_			
				-			
				-			
				_			
				_			
				-			
				-			
				-			