

# Zone Card: Daily Weight Record

Office number: \_\_\_\_\_ Your dry weight \_\_\_\_\_ lbs. Your most recent ejection fraction (EF): \_\_\_\_\_ %  
*(When you do not have extra fluid buildup in your body)*

Next scheduled office appointment: \_\_\_\_\_

## Refer to your Heart Failure (HF) Zones guide.

Mark the zone you are in each day.

- **Green:** This zone is your goal.
- **Yellow:** This zone is a warning.
- **Red:** This zone is an emergency.

It's important to weigh yourself each morning before breakfast (make sure to empty your bladder, wear similar clothing and use the same scale each day), since quick weight gain can be a sign of fluid buildup or a more serious problem for those with heart failure. Use this chart to record your weight and heart failure zone. If you gain 3 lbs. or more in one day or 5 lbs. or more in one week, call your doctor. You may need a medicine change to lessen fluid buildup.

Record your weight below in pounds (lbs.) by the date of the month. Find your heart failure zone every day. (1 kg. = 2.2 lbs.)

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## List of questions

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## Symptoms to report to your doctor

Chest pain

Dizziness

More difficulty breathing, especially when laying flat

Wheezing

Weight gain of more than 3 lbs. in one day or 5 lbs. in one week

More swelling of ankles, feet, hands, face, neck, or stomach

Feeling tired or uneasy, or knowing that something is not right

Call: \_\_\_\_\_  
**if you have questions about your plan of care.**