

MONITORING YOUR HEART FAILURE – SIGNS CHART

Use the table below to measure and record your weight, blood pressure and heart rate regularly. You can then take this chart with you when you next see your doctor or nurse and discuss any changes. If you notice any large changes, you should discuss these with your doctor or nurse as soon as possible.

NAME:			MONTH:						
	Date commencing		MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1		WEIGHT (kg)							
		BLOOD PRESSURE (mm Hg)	/	/	/	/	/	/	/
		HEART RATE (beats per minute)							
WEEK 2		WEIGHT (kg)							
		BLOOD PRESSURE (mm Hg)	/	/	/	/	/	/	/
		HEART RATE (beats per minute)							
WEEK 3		WEIGHT (kg)							
		BLOOD PRESSURE (mm Hg)	/	/	/	/	/	/	/
		HEART RATE (beats per minute)							
WEEK 4		WEIGHT (kg)							
		BLOOD PRESSURE (mm Hg)	/	/	/	/	/	/	/
		HEART RATE (beats per minute)							
WEEK 5		WEIGHT (kg)							
		BLOOD PRESSURE (mm Hg)	/	/	/	/	/	/	/
		HEART RATE (beats per minute)							
In case of emergency, call (enter your doctor or nurse's name):									
Tel number:									