

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.

| MONTH | MEASURES | MON | TUE | WED | THU | FRI | SAT | SUN |
|--------------------|--------------------------------|-----|-----|-----|-----|-----|-----|-----|
| WEEK from | WEIGHT kg | | | | | | | |
| | BLOOD PRESSURE mm Hg | / | / | / | / | / | / | / |
| | HEART RATE beats per minute | | | | | | | |
| WEEK to | WEIGHT kg | | | | | | | |
| | BLOOD PRESSURE mm Hg | / | / | / | / | / | / | / |
| | HEART RATE beats per minute | | | | | | | |
| WEEK from | WEIGHT kg | | | | | | | |
| | BLOOD PRESSURE mm Hg | / | / | / | / | / | / | / |
| | HEART RATE beats per minute | | | | | | | |
| WEEK to | WEIGHT kg | | | | | | | |
| | BLOOD PRESSURE mm Hg | / | / | / | / | / | / | / |
| | HEART RATE beats per minute | | | | | | | |
| WEEK from | WEIGHT kg | | | | | | | |
| | BLOOD PRESSURE mm Hg | / | / | / | / | / | / | / |
| | HEART RATE beats per minute | | | | | | | |
| WEEK to | WEIGHT kg | | | | | | | |
| | BLOOD PRESSURE mm Hg | / | / | / | / | / | / | / |
| | HEART RATE beats per minute | | | | | | | |