



# My symptom tracker

## You deserve to live wholeheartedly

It is important to mention all of your possible heart failure symptoms to your doctor.

Use the scale below to assess how you feel and record your symptoms on the back of this sheet.

Take it with you to your next appointment so you can discuss the results with your doctor.

### 1. I need to sleep propped up on pillows so I can breathe at night

- rarely       some nights       most nights       every night

### 2. I get short of breath easily walking up a flight of stairs

- rarely       sometimes       most of the time       all of the time

### 3. I notice my feet or ankles are swollen

- rarely       some days       most days       every day

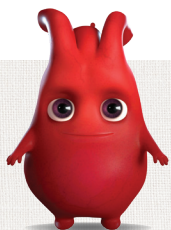
### 4. I cough even when I don't have a cold (dry and hacking cough)

- rarely       sometimes       most of the time       all of the time

### 5. I say no to hobbies and activities I used to enjoy

e.g. gardening, playing with grandchildren or walking the dog

- rarely       sometimes       most of the time       all of the time



If any of your symptoms are severe, or if you gain more than 2 kg in 2 days, **please talk to your doctor.**

