MY HEART FAILURE SYMPTOM TRACKER

You deserve to live wholeheartedly

Heart failure is a serious condition and can have a significant impact on your day-to-day life, sometimes without you realising it. That's why it's important to watch out for the possible symptoms of heart failure and to mention them all 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.

I need to sleep propped up on pillows to breathe easier

○ rarely   ○ some nights   ○ most nights   ○ every night

I get short of breath easily walking up a flight of stairs

○ rarely   ○ sometimes   ○ most of the time   ○ all of the time

I notice my feet or ankles are swollen

○ rarely   ○ some days   ○ most days   ○ every day

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

○ rarely   ○ sometimes   ○ most of the time   ○ all of the time

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.**

For more information about the symptoms of heart failure
visit heartfailure.com.au

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Use this space to record your symptoms. Check in with how you are feeling about once a week or whenever you notice a change in the symptoms on the front of this sheet.

An example row shows how to use this tracker.

Date	Feel tired/need extra pillows	Short of breath climbing stairs	Swollen ankles or feet	Cough without a cold	Say no to hobbies or activities
May 5th	◯	⊗	◯	⊗	⊗
	◯	◯	◯	◯	◯
	◯	◯	◯	◯	◯
	◯	◯	◯	◯	◯
	◯	◯	◯	◯	◯
	◯	◯	◯	◯	◯
	◯	◯	◯	◯	◯
	◯	◯	◯	◯	◯
	◯	◯	◯	◯	◯
	◯	◯	◯	◯	◯
	◯	◯	◯	◯	◯
	◯	◯	◯	◯	◯

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