CONNECT-HF
Partnering to improve cardiac care

www.connectheartfailure.org

Daily Symptom Chart
***Please contact your doctor for worsening symptoms below**

- **Swelling – shoes, rings, or pants getting tight**
- **Weight gain – more than 2 pounds in 1 day or 5 pounds in 1 week**
- **Decreased urination**
- **Feeling more tired than usual**
- **Increased shortness of breath, unable to lie flat or breathe comfortably in bed**

Date	Weight	Blood pressure	Heart rate	Notes

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