



# My daily symptom tracker

Monitoring your symptoms is a key part of managing heart failure. Print copies of this monthly tracker. Once you and your doctor have filled in your heart action plan, update this tracker every day.

1. Weigh yourself at about the same time daily, wearing the same amount of clothes. Record your weight on the chart. Then, refer to your action plan to see what zone you are in:
  - **GREEN:** \_\_\_\_\_ lbs. or less
  - **YELLOW:** \_\_\_\_\_ lbs. to \_\_\_\_\_ lbs.
  - **RED:** over \_\_\_\_\_ lbs.
2. Record your other symptoms by placing an X in the box beside the symptom.
3. Follow your heart action plan as directed.

	Week of _____							Week of _____						
	Sun	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Mon	Tues	Wed	Thu	Fri	Sat
Weight														
Short of breath														
Cough														
Wheezing														
Chest pain														
Swelling														
Feeling dizzy														
Fatigue														
Other														

	Week of _____							Week of _____						
	Sun	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Mon	Tues	Wed	Thu	Fri	Sat
Weight														
Short of breath														
Cough														
Wheezing														
Chest pain														
Swelling														
Feeling dizzy														
Fatigue														
Other														



***BCN Advantage HMO-POS<sup>SM</sup>***



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