

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							