

MY DAILY RECORD

Week of:		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daily Weight								
Blood Pressure	AM							
	PM							
Heart Rate	AM							
	PM							

If you have been diagnosed with Congestive Heart Failure, you should keep a daily record of your weight, blood pressure, and heart rate. If you have other types of heart disease, your doctor, nurse, or care coordinator can advise you about appropriate record keeping.

Please ask your doctor about your specific goals. General directions for when you should call your doctor if you have congestive heart failure:

- Weight gain: Weight gain of three pounds or more in the past 24 hours or six pounds or more in one week
- Blood pressure: If top number is **consistently**: Greater than 140
Less than 90 with symptoms of lightheadedness
If bottom number is: Greater than 95
- Heart rate: Heart rate is less than 60 or greater than 100
- Shortness of breath: Worsening shortness of breath