

# Heart Health Tracker

If you're managing your heart health at home, it's important to keep track of how you feel every day.

## Green Zone: Your Goal



Easy breathing



No swelling in feet



No weight gain



No chest pain

**KEEP IT UP!** Daily weight check, proper medications, heart-healthy diet, follow-up visits

## Yellow Zone: Danger



Shortness of breath with activity



Occasional dry, hacking cough



Some swelling in feet



More than 2+ lbs (24 hr) or 5+ lb (7 days)



Trouble sleeping



Little bit of chest pain

**CALL YOUR DOCTOR!** You may need a check-in or a change in medications.

## Red Zone: Emergency



Cannot catch breath at rest



Frequent dry, hacking cough



Swelling in lower body



More than 2+ lbs (24 hr) or 5+ lb (7 days)



Cannot lie flat when sleeping



Loss of appetite

**EMERGENCY CARE!** Visit the hospital or call your physician to be evaluated right away.

You Cardiologist's Name:

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Your Cardiologist's Office Number:

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Need help or have questions? This is what we live for.  
Find more information at [CooperandInspira.org](https://CooperandInspira.org).