



My Heart Failure Goals — What Are They?

You are the most important person in managing your heart failure. Talk with your healthcare provider to help you choose one or more goals you are ready to work on now.

Goal 1



Weight

- I will weigh myself every day at the same time, using the same scale.
- I will try to reach and/or stay at my goal body weight of _____.
- I will call my provider if I gain weight for ___ straight days or gain more than ___ pounds in a day.

Goal 2



Symptoms

- I will check my feet and ankles every day for signs of swelling.
- I will call my provider if any of my symptoms get worse.

Goal 3



Medicine

- I will take my medicine(s) as directed by my provider.
- I will call my provider if I have problems.
- I will ask questions when I do not understand.

Goal 4



Rest

- I will get enough rest at night and take breaks during the day if I need them.
- If I have trouble sleeping, I will call my provider.

Goal 5



Smoking

- I will think of all the reasons I should quit smoking.
- I will ask my provider about how I can quit smoking and then take the steps to quit.
- If I start smoking again, I will try to quit again.

Use this checklist to set goals that you are ready to reach.



My Heart Failure Goals — What Are They?

Goal 6



Alcohol

- I will limit the amount of alcohol I drink, as directed by my provider.

Goal 7



Diet

- I will follow an appropriate diet based on my provider's instructions.
- I will drink ____ glasses of fluid a day.

Goal 8



Sodium (Salt) Use

- My daily sodium goal will be _____ mg per day.

Goal 9



Exercise

- I will exercise for __ minutes __ days per week as directed by my provider.
- My provider and I agree that the best activities for me are _____
_____.

EMERGENCY: Get emergency medical help right away if you think you are having symptoms of a heart attack, which may include: 1) Chest pain or discomfort; 2) Upper body (ie, shoulder, arm, or jaw) discomfort that is not relieved with nitroglycerine or rest; 3) Shortness of breath; 4) Cold sweats, nausea, or light-headedness