

# Your Heart Function Guide

**ALL  
CLEAR**

## Green Zone (All Clear)

current weight \_\_\_\_\_ goal weight \_\_\_\_\_

- No shortness of breath
- No swelling
- No weight gain
- No decrease in your ability to maintain your activity level

## Yellow Zone (Caution):

- Increased weight (2-3 lbs. in one day or 5 lbs. in one week)
- Increased cough
- Increased swelling
- Increase in shortness of breath with activity
- Chest pain
- Increase in the number of pillows needed or need to sit in a chair to sleep

**Call your physician if you have any of the signs or symptoms listed above in the YELLOW zone**

## Red Zone (Medical Alert):

- Unrelieved shortness of breath; shortness of breath at rest
- Fainting
- Unrelieved chest pain
- Wheezing or chest tightness at rest

**Call your physician immediately or 911**

**MEDICAL  
ALERT**

Patient Name \_\_\_\_\_

Date \_\_\_\_\_

## Green Zone Means:

- Your symptoms are under control
- Continue taking your medications as ordered
- Follow a low salt diet
- Keep all physician appointments

## Yellow Zone Means:

- Your symptoms may indicate that you need an adjustment of your medications
- Call your physician

## Red Zone Means:

- This indicates that you need to be evaluated by a physician right away

Name: \_\_\_\_\_

Number: \_\_\_\_\_