

DAILY LOG



Month: _____

Home Health Monitoring for Heart Failure

Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight							
Blood Pressure							
Heart rate (pulse)							
Activity Minutes							
Which Heart Failure zone are you in today?	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red
I was most limited yesterday by this symptom:							
What helped me most yesterday was:							
Next time I talk to my nurse, I would like more information about:							

DAILY LOG



Month: _____

Home Health Monitoring for Heart Failure

Week 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight							
Blood Pressure							
Heart rate (pulse)							
Activity Minutes							
Which Heart Failure zone are you in today?	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red
I was limited the most yesterday by this symptom:							
What helped me the most was:							
Next time I talk to my nurse, I would like more information about:							

DAILY LOG



Month: _____

Home Health Monitoring for Heart Failure

Week 3	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight							
Blood Pressure							
Heart rate (pulse)							
Activity Minutes							
Which Heart Failure zone are you in today?	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red
I was limited the most yesterday by this symptom:							
What helped me the most was:							
Next time I talk to my nurse, I would like more information about:							

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Month: _____

Home Health Monitoring for Heart Failure

Week 4	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight							
Blood Pressure							
Heart rate (pulse)							
Activity Minutes							
Which Heart Failure zone are you in today?	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red
I was limited the most yesterday by this symptom:							
What helped me the most was:							
Next time I talk to my nurse, I would like more information about:							

DAILY LOG



Month: _____

Home Health Monitoring for Heart Failure

Week 5	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight							
Blood Pressure							
Heart rate (pulse)							
Activity Minutes							
Which Heart Failure zone are you in today?	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red
I was limited the most yesterday by this symptom:							
What helped me the most was:							
Next time I talk to my nurse, I would like more information about:							

DAILY LOG



Month: _____

Home Health Monitoring for Heart Failure

Week 6	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight							
Blood Pressure							
Heart rate (pulse)							
Activity Minutes							
Which Heart Failure zone are you in today?	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red
I was limited the most yesterday by this symptom:							
What helped me the most was:							
Next time I talk to my nurse, I would like more information about:							

DAILY LOG



Month: _____

Home Health Monitoring for Heart Failure

Week 7	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight							
Blood Pressure							
Heart rate (pulse)							
Activity Minutes							
Which Heart Failure zone are you in today?	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red
I was limited the most yesterday by this symptom:							
What helped me the most was:							
Next time I talk to my nurse, I would like more information about:							

DAILY LOG



Month: _____

Home Health Monitoring for Heart Failure

Week 8	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight							
Blood Pressure							
Heart rate (pulse)							
Activity Minutes							
Which Heart Failure zone are you in today?	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red
I was limited the most yesterday by this symptom:							
What helped me the most was:							
Next time I talk to my nurse, I would like more information about:							

DAILY LOG



Month: _____

Home Health Monitoring for Heart Failure

Week 9	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight							
Blood Pressure							
Heart rate (pulse)							
Activity Minutes							
Which Heart Failure zone are you in today?	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red
I was limited the most yesterday by this symptom:							
What helped me the most was:							
Next time I talk to my nurse, I would like more information about:							

DAILY LOG



Month: _____

Home Health Monitoring for Heart Failure

Week 10	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight							
Blood Pressure							
Heart rate (pulse)							
Activity Minutes							
Which Heart Failure zone are you in today?	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red
I was limited the most yesterday by this symptom:							
What helped me the most was:							
Next time I talk to my nurse, I would like more information about:							

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Month: _____

Home Health Monitoring for Heart Failure

Week 11	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight							
Blood Pressure							
Heart rate (pulse)							
Activity Minutes							
Which Heart Failure zone are you in today?	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red
I was limited the most yesterday by this symptom:							
What helped me the most was:							
Next time I talk to my nurse, I would like more information about:							

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Month: _____

Home Health Monitoring for Heart Failure

Week 12	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight							
Blood Pressure							
Heart rate (pulse)							
Activity Minutes							
Which Heart Failure zone are you in today?	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red
I was limited the most yesterday by this symptom:							
What helped me the most was:							
Next time I talk to my nurse, I would like more information about:							

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Month: _____

Home Health Monitoring for Heart Failure

Week 13	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight							
Blood Pressure							
Heart rate (pulse)							
Activity Minutes							
Which Heart Failure zone are you in today?	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red
I was limited the most yesterday by this symptom:							
What helped me the most was:							
Next time I talk to my nurse, I would like more information about:							

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Month: _____

Home Health Monitoring for Heart Failure

Week 14	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight							
Blood Pressure							
Heart rate (pulse)							
Activity Minutes							
Which Heart Failure zone are you in today?	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red
I was limited the most yesterday by this symptom:							
What helped me the most was:							
Next time I talk to my nurse, I would like more information about:							

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Month: _____

Home Health Monitoring for Heart Failure

Week 15	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight							
Blood Pressure							
Heart rate (pulse)							
Activity Minutes							
Which Heart Failure zone are you in today?	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red
I was limited the most yesterday by this symptom:							
What helped me the most was:							
Next time I talk to my nurse, I would like more information about:							

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Home Health Monitoring for Heart Failure

Week 16	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight							
Blood Pressure							
Heart rate (pulse)							
Activity Minutes							
Which Heart Failure zone are you in today?	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red
I was limited the most yesterday by this symptom:							
What helped me the most was:							
Next time I talk to my nurse, I would like more information about:							

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Home Health Monitoring for Heart Failure

Week 17	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight							
Blood Pressure							
Heart rate (pulse)							
Activity Minutes							
Which Heart Failure zone are you in today?	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red
I was limited the most yesterday by this symptom:							
What helped me the most was:							
Next time I talk to my nurse, I would like more information about:							

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Month: _____

Home Health Monitoring for Heart Failure

Week 18	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight							
Blood Pressure							
Heart rate (pulse)							
Activity Minutes							
Which Heart Failure zone are you in today?	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red
I was limited the most yesterday by this symptom:							
What helped me the most was:							
Next time I talk to my nurse, I would like more information about:							

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Month: _____

Home Health Monitoring for Heart Failure

Week 19	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight							
Blood Pressure							
Heart rate (pulse)							
Activity Minutes							
Which Heart Failure zone are you in today?	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red
I was limited the most yesterday by this symptom:							
What helped me the most was:							
Next time I talk to my nurse, I would like more information about:							

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Month: _____

Home Health Monitoring for Heart Failure

Week 20	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight							
Blood Pressure							
Heart rate (pulse)							
Activity Minutes							
Which Heart Failure zone are you in today?	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red
I was limited the most yesterday by this symptom:							
What helped me the most was:							
Next time I talk to my nurse, I would like more information about:							

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Month: _____

Home Health Monitoring for Heart Failure

Week 21	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight							
Blood Pressure							
Heart rate (pulse)							
Activity Minutes							
Which Heart Failure zone are you in today?	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red
I was limited the most yesterday by this symptom:							
What helped me the most was:							
Next time I talk to my nurse, I would like more information about:							

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Month: _____

Home Health Monitoring for Heart Failure

Week 22	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight							
Blood Pressure							
Heart rate (pulse)							
Activity Minutes							
Which Heart Failure zone are you in today?	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red
I was limited the most yesterday by this symptom:							
What helped me the most was:							
Next time I talk to my nurse, I would like more information about:							

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Month: _____

Home Health Monitoring for Heart Failure

Week 23	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight							
Blood Pressure							
Heart rate (pulse)							
Activity Minutes							
Which Heart Failure zone are you in today?	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red
I was limited the most yesterday by this symptom:							
What helped me the most was:							
Next time I talk to my nurse, I would like more information about:							

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Month: _____

Home Health Monitoring for Heart Failure

Week 24	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight							
Blood Pressure							
Heart rate (pulse)							
Activity Minutes							
Which Heart Failure zone are you in today?	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red	Green Yellow Red
I was limited the most yesterday by this symptom:							
What helped me the most was:							
Next time I talk to my nurse, I would like more information about:							