



# My Heart Failure Goals— What Are They?

You are the most important person in managing your heart failure. Talk with your doctor 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 doctor 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 doctor if any of my symptoms get worse.

## Goal 3



### Medicines

- I will take my medicine(s) as directed by my doctor.
- I will call my doctor if I have any problems.

## 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 doctor.

## Goal 5



### Smoking

- I will talk to my doctor about ways to quit smoking.

## Goal 6



### Alcohol

- I will avoid or greatly lower the amount of alcohol I drink each day.

## Goal 7



### Diet

- I will follow a low-salt, low-fat, high-fiber diet based on my doctor's instructions.
- My goal is to drink \_\_\_\_\_ glasses of fluid a day.

## Goal 8



### Sodium (Salt) Use

- My sodium goal will be \_\_\_\_\_ mg per day.

## Goal 9



### Exercise

- I will exercise for \_\_\_\_\_ minutes \_\_\_\_\_ days per week as directed by my doctor.
- The best exercises for me are \_\_\_\_\_.

### **EMERGENCY**

**Call 911 right away if you have chest pain/tightness or feel very short of breath.**