

you *can* live with heart failure

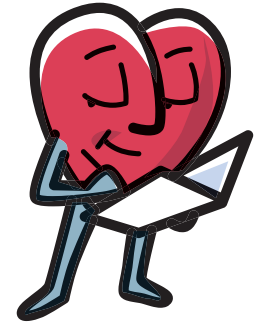
healthy habits for life
2012

dear patient,

you have been diagnosed with heart failure, also known as congestive heart failure or CHF. heart failure means that the heart is not pumping blood through the body as well as it should. while there is no cure for heart failure, many people with this disease can improve the function of their heart and lead active lives because they have learned to take good care of themselves.

you can take control of your heart failure by doing the following:

- ✓ take all of your medicines, never skip doses
- ✓ do not let your medications run out
- ✓ keep all your healthcare appointments, even when you feel well
- ✓ follow a low sodium (low salt) and low fat diet
- ✓ remain or become physically active
- ✓ stop smoking
- ✓ weigh yourself everyday



important phone numbers

name	phone number
healthcare provider: _____	_____
cardiologist: _____	_____
pharmacy: _____	_____
clinic: _____	_____
hospital: _____	_____
emergency contact: _____	_____
_____	_____
_____	_____

how to use this calendar to help you stay well

tracking your weight

- with your healthcare provider write down your starting weight on the calendar.
- weigh yourself every morning, after using the bathroom, and in the same amount of clothing.
- record your weight each day on the calendar.
- call your healthcare provider if you gain 2 pounds in a day or 5 pounds in a week.


tracking your symptoms: feeling indicator

feeling indicator ✓ mark the color that indicates how you are feeling each day.		
 good day	 bad day	 worse day

- with your healthcare provider, describe your “good” day, “bad” day and “worse” day in the spaces below.
- each day check off on the calendar how you are feeling.
- call your healthcare provider if you are having a bad day (yellow dot).
- call 911 if you are having a worse day (red dot) and cannot reach your healthcare provider.

 good day for me is:

 bad day for me is:

 worse day for me is:

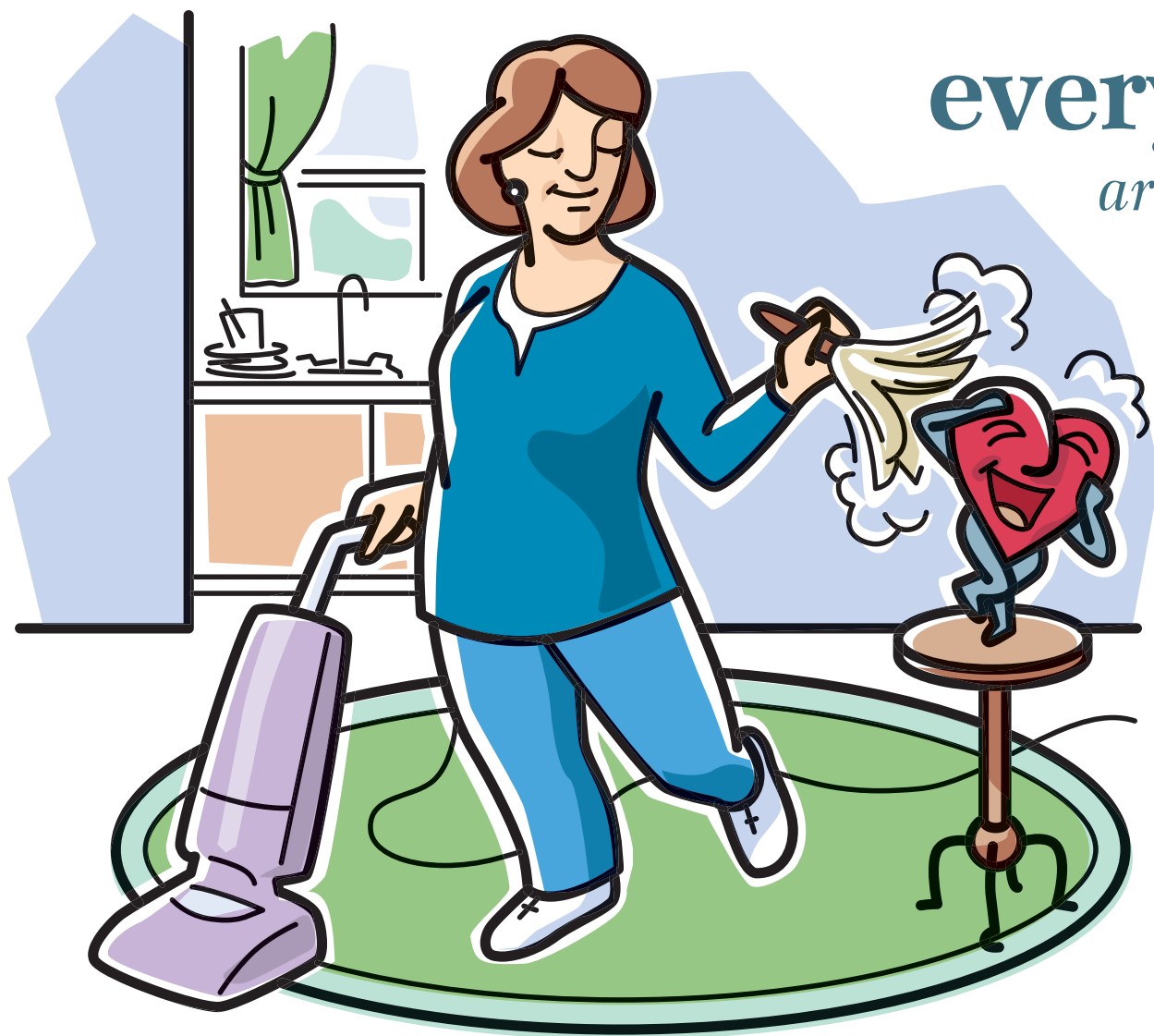
heart failure symptoms can be different for each patient.

examples:

good day - usual activities without shortness of breath; no ankle or leg swelling; sleep flat in bed.

bad day - shortness of breath with activity; new ankle or leg swelling; increased number of pillows to sleep.






























































































worse day - shortness of breath at rest; more than 2 pounds gained in 1 day; sleeping in a chair.



everyday activities
are a great way
to keep
moving.

january

feeling indicator		
✓ mark the color that indicates how you are feeling each day.		
 good day	 bad day	 worse day

sun	mon	tue	wed	thu	fri	sat
1   	2   	3   	4   	5   	6   	7   
new year's day						
weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____
8   	9   	10   	11   	12   	13   	14   
weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____
15   	16   	17   	18   	19   	20   	21   
	martin luther king, jr.'s birthday					
weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____
22   	23   	24   	25   	26   	27   	28   
weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____
29   	30   	31   				
weight: _____	weight: _____	weight: _____				

 call your healthcare provider immediately  call 911 if you cannot reach your healthcare provider immediately

do something
healthy
everyday
to relax.



february

feeling indicator			✓ mark the color that indicates how you are feeling each day.
● good day	● bad day	● worse day	

sun

mon
























































































tue

wed

thu

fri

sat

			1   	2   	3   	4   
			weight: _____	weight: _____	weight: _____	weight: _____
5   	6   	7   	8   	9   	10   	11   
weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____
12   	13   	14   	15   	16   	17   	18   
weight: _____	weight: _____ <i>president's day</i>	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____
19   	20   	21   	22   	23   	24   	25   
weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____
26   	27   	28   	29   			
weight: _____	weight: _____	weight: _____	weight: _____			

eat *whole grains,*
fresh fruit *and*
veggies
everyday.



march

feeling indicator

✓ mark the color that indicates how you are feeling each day.

● good day

● bad day

● worse day

sun

mon






























































































tue

wed

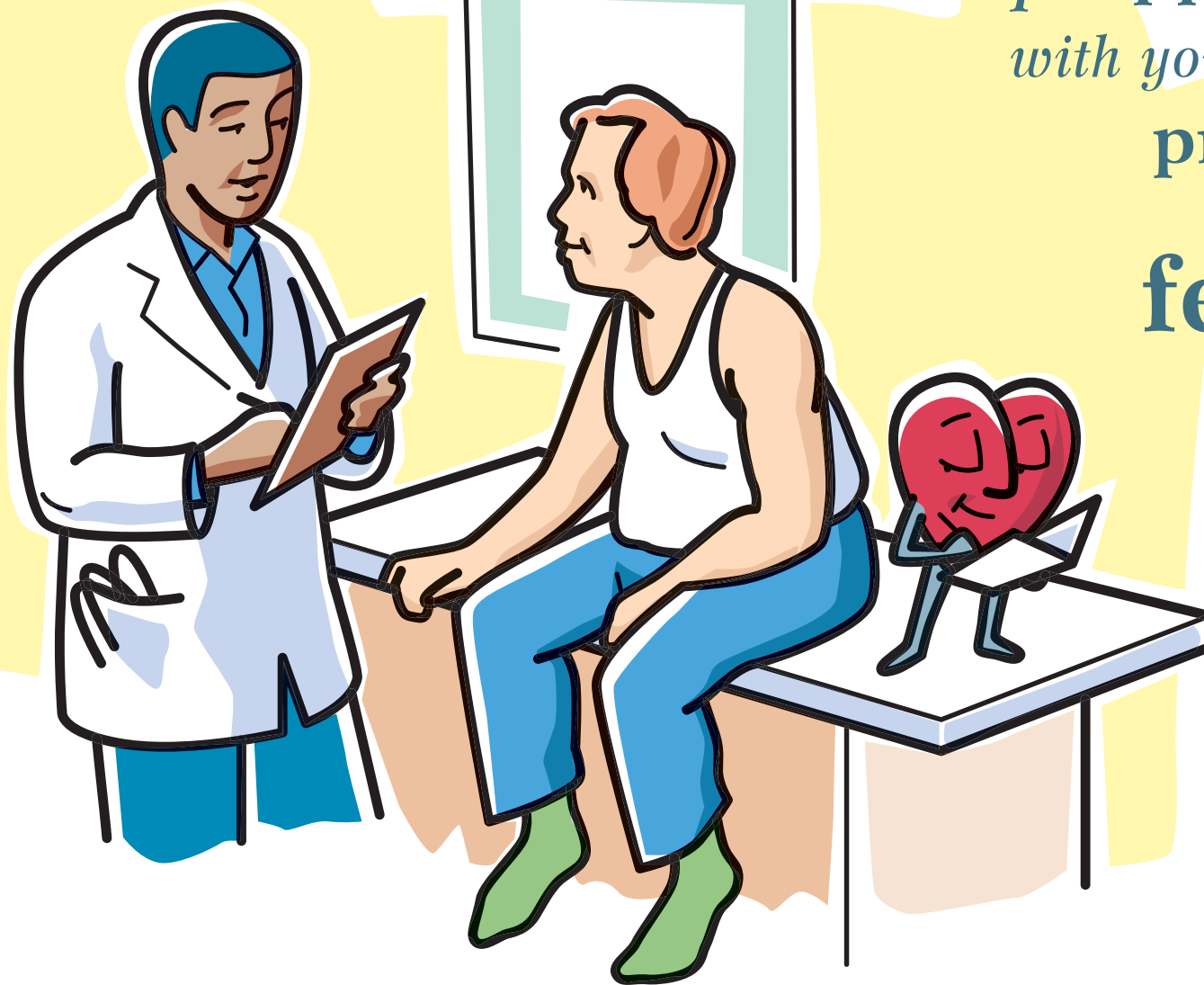
thu

fri

sat

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weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____
25   	26   	27   	28   	29   	30   	31   
weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____

keep appointments
with your healthcare
provider
even when you
feel well.



april

feeling indicator

✓ mark the color that indicates how you are feeling each day.

● good day

● bad day

● worse day

sun

mon



























































































tue

wed

thu

fri

sat

1   	2   	3   	4   	5   	6   	7   
weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____
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weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____
22   	23   	24   	25   	26   	27   	28   
weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____
29   	30   					
weight: _____	weight: _____					



*with your
healthcare provider's
okay, walk up to
30 minutes
everyday.*

*start with 5 minutes the first
day and work your way up.*

may

feeling indicator			✓ mark the color that indicates how you are feeling each day.		
	good day		bad day		worse day

sun

mon





























































































tue

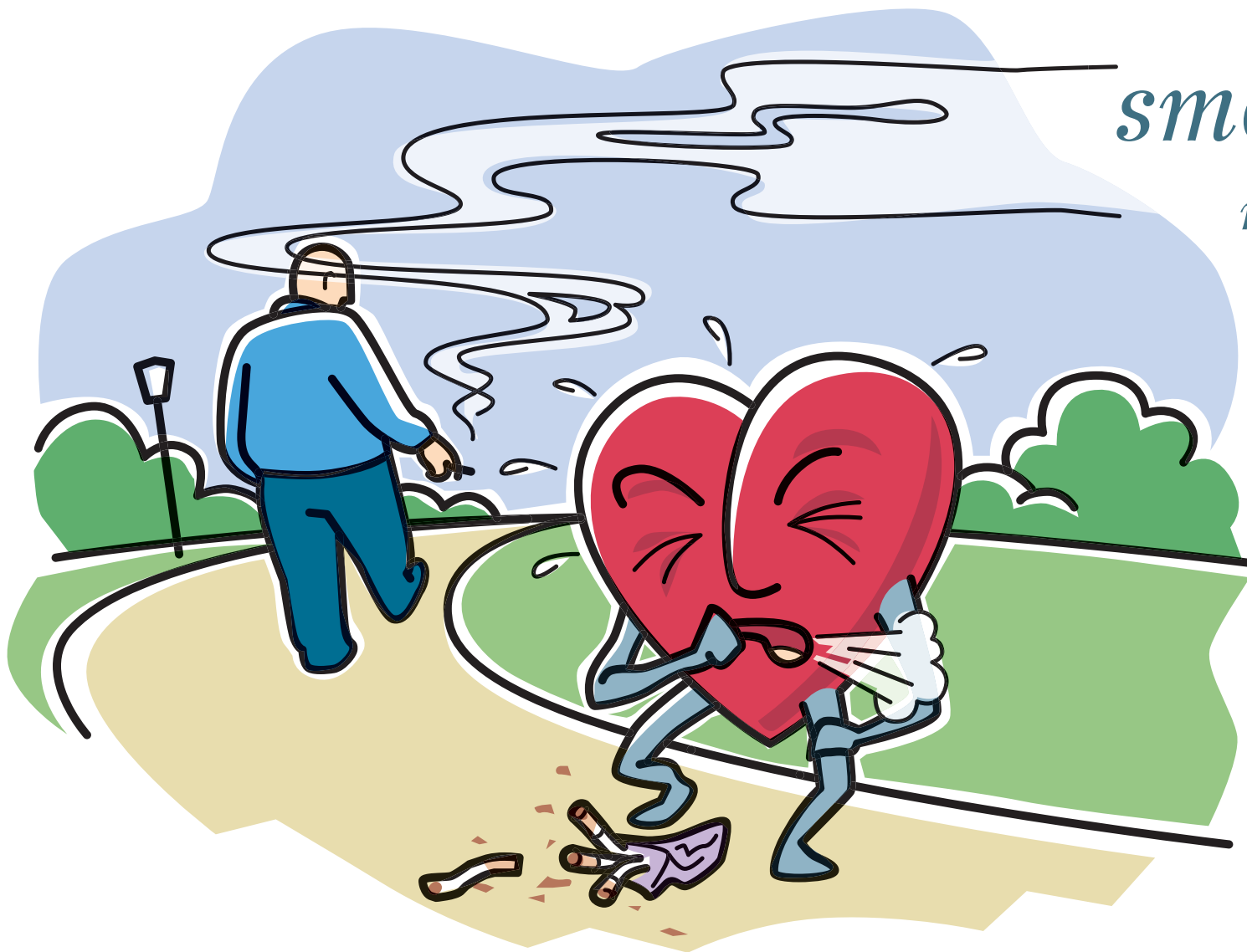
wed

thu

fri

sat

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		weight: _____	weight: _____	weight: _____	weight: _____	weight: _____
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20   	21   	22   	23   	24   	25   	26   
weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____
27   	28   	29   	30   	31   		
weight: _____	weight: _____ <i>memorial day</i>	weight: _____	weight: _____	weight: _____		



smoking
makes **your**
heart
work harder.

get help to quit.

june

feeling indicator		✓ mark the color that indicates how you are feeling each day.
<input type="radio"/> good day	<input type="radio"/> bad day	<input type="radio"/> worse day

sun

mon



























































































tue

wed

thu

fri

sat

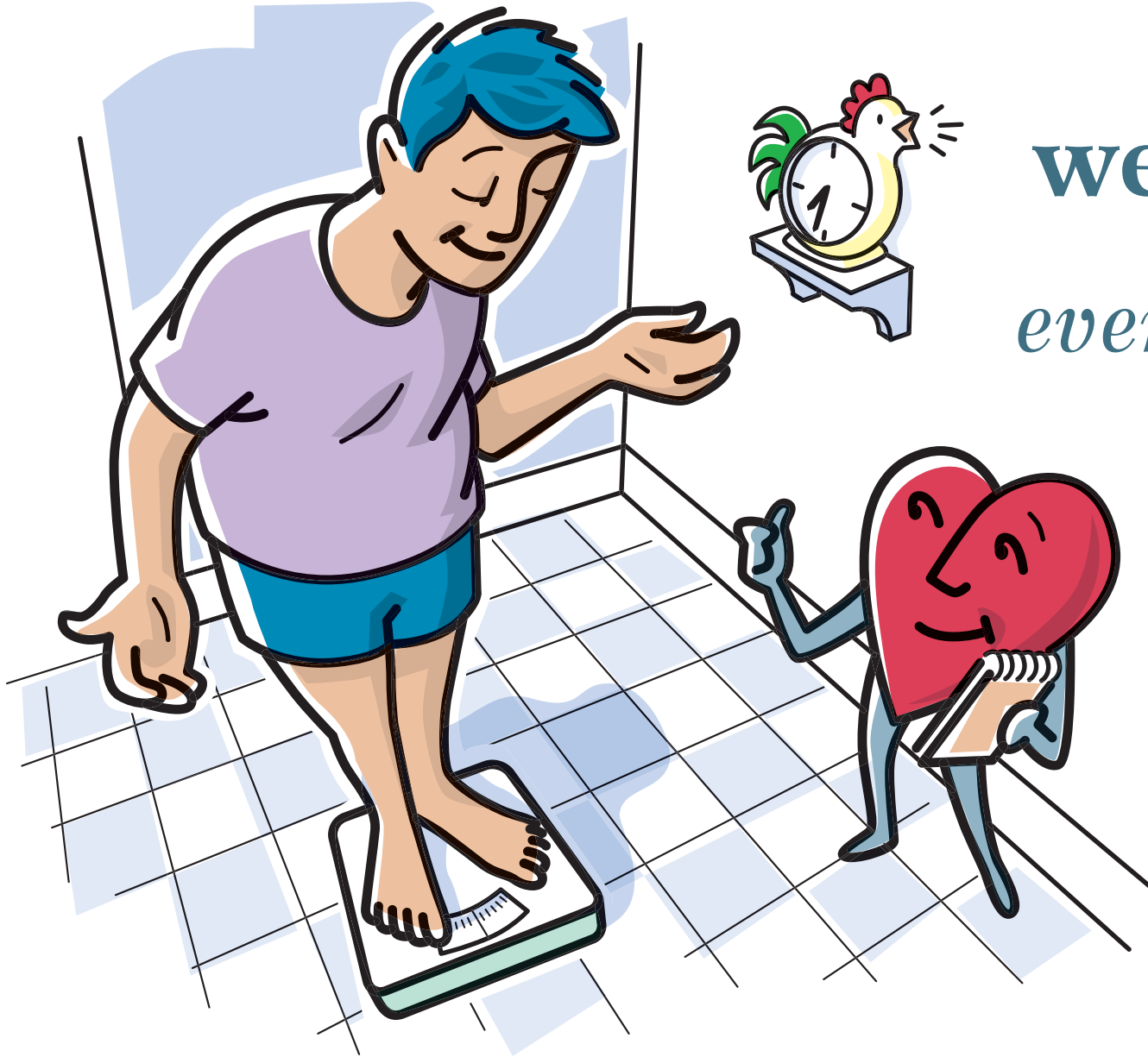
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24   	25   	26   	27   	28   	29   	30   	
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call your healthcare provider immediately
































































































call 911 if you cannot reach your healthcare provider immediately



weigh yourself
at the same time
everyday
and record
your weight.

july

feeling indicator		✓ mark the color that indicates how you are feeling each day.
● good day	● bad day	● worse day

sun	mon	tue	wed	thu	fri	sat
1   	2   	3   	4    <i>independence day</i>	5   	6   	7   
weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____
8   	9   	10   	11   	12   	13   	14   
weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____
15   	16   	17   	18   	19   	20   	21   
weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____
22   	23   	24   	25   	26   	27   	28   
weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____
29   	30   	31   				
weight: _____	weight: _____	weight: _____				

think *fresh!*
avoid canned

and processed
foods *that have*
a lot of
salt and fat.

salt is sodium on food labels.



august

feeling indicator			✓ mark the color that indicates how you are feeling each day.
● good day	● bad day	● worse day	

sun

mon






























































































tue

wed

thu

fri

sat

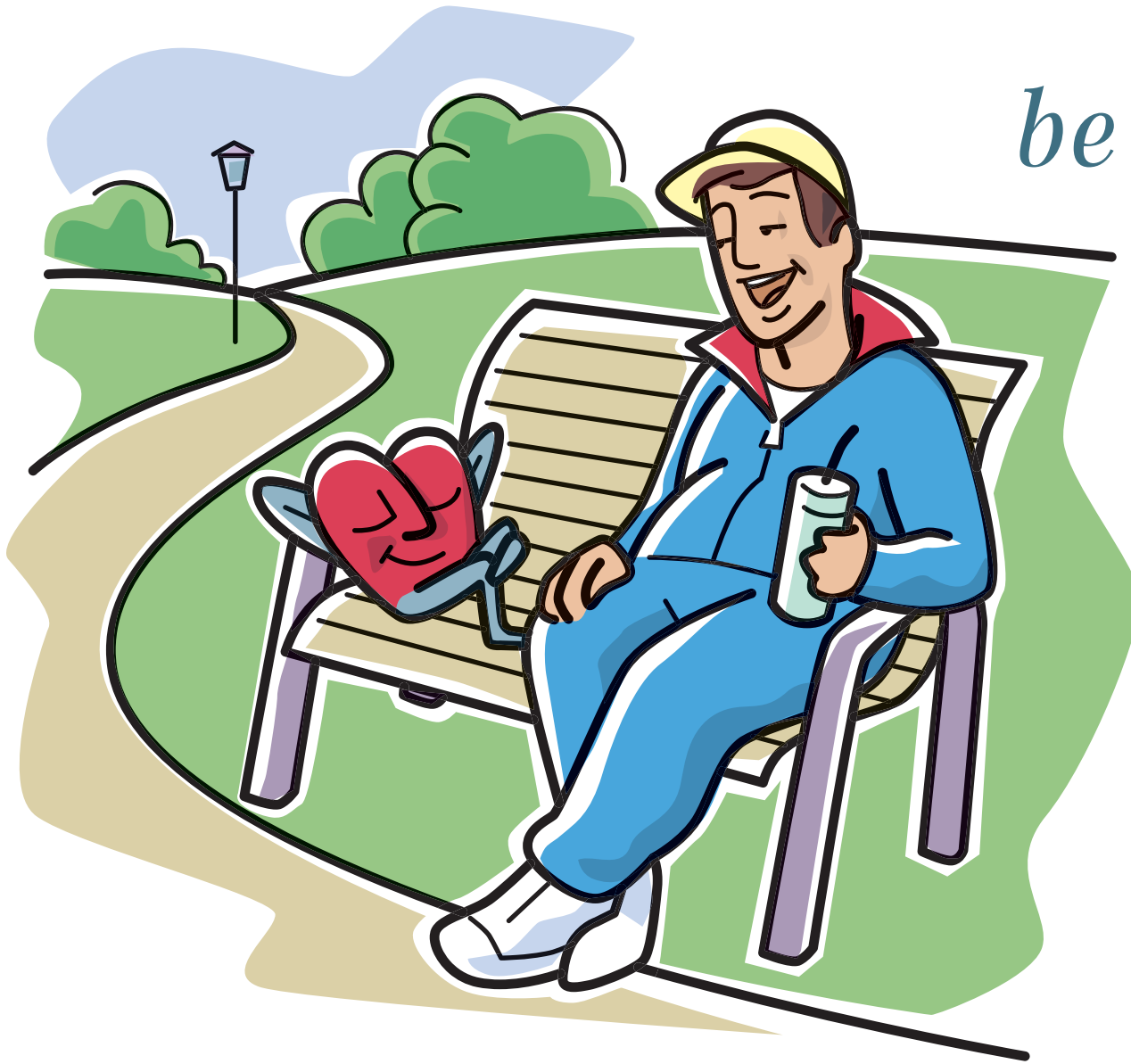
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12   	13   	14   	15   	16   	17   	18   
weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____
19   	20   	21   	22   	23   	24   	25   
weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____
26   	27   	28   	29   	30   	31   	
weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	



call your healthcare provider immediately



call 911 if you cannot reach your healthcare provider immediately



*be active but
be smart.
stop and rest
when you get
tired.*

september

feeling indicator			✓ mark the color that indicates how you are feeling each day.
● good day	● bad day	● worse day	

sun

mon



























































































tue

wed

thu

fri

sat

							1   
							weight: _____
2   	3   	4   	5   	6   	7   	8   	
weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____
9   	10   	11   	12   	13   	14   	15   	
weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____
16   	17   	18   	19   	20   	21   	22   	
weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____
23   	24   	25   	26   	27   	28   	29   	
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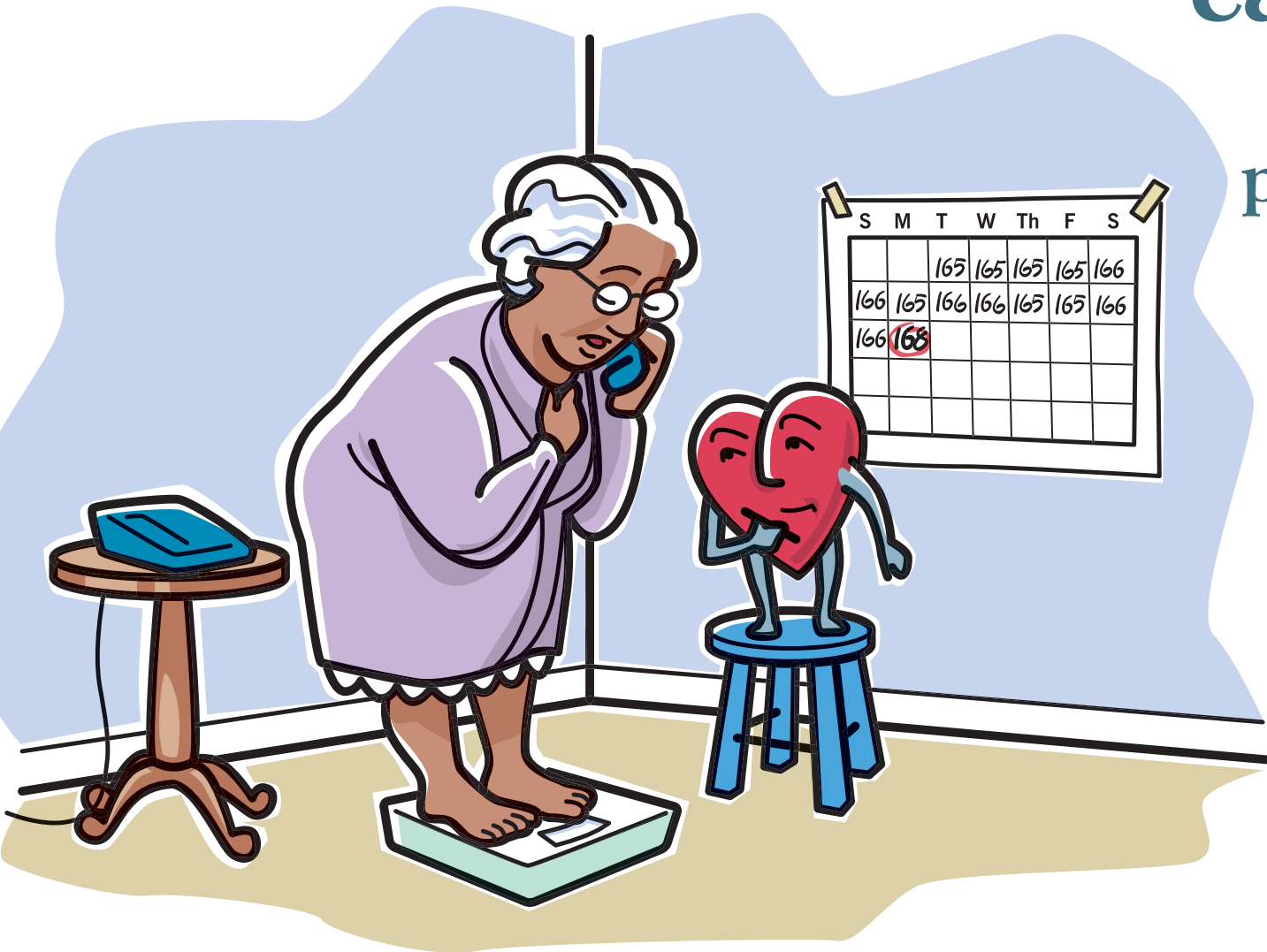


call your healthcare provider immediately



call 911 if you cannot reach your healthcare provider immediately

call your
healthcare
provider **if** you
gain 2 pounds
in a day or
5 pounds
in a week.



october

feeling indicator ✓ mark the color that indicates how you are feeling each day.

● good day	● bad day	● worse day
------------	-----------	-------------

sun

mon




























































































tue

wed

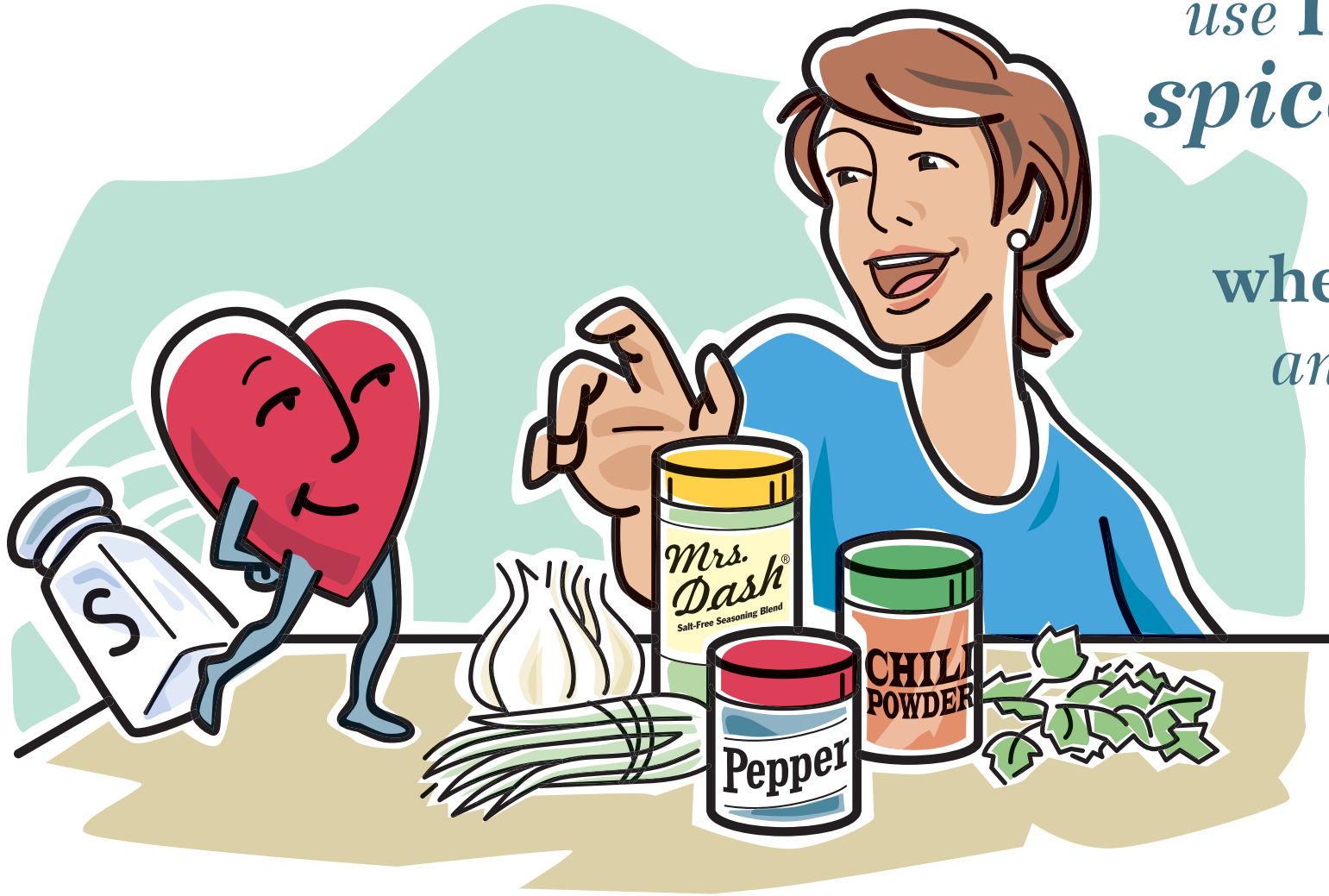
thu

fri

sat

	1   	2   	3   	4   	5   	6   
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	columbus day					
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21   	22   	23   	24   	25   	26   	27   
weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____
28   	29   	30   	31   			
weight: _____	weight: _____	weight: _____	weight: _____			

use **herbs** and **spices** instead of salt when cooking and seasoning food.



november

feeling indicator		✓ mark the color that indicates how you are feeling each day.
● good day	● bad day	● worse day

sun

mon



























































































tue

wed

thu

fri

sat

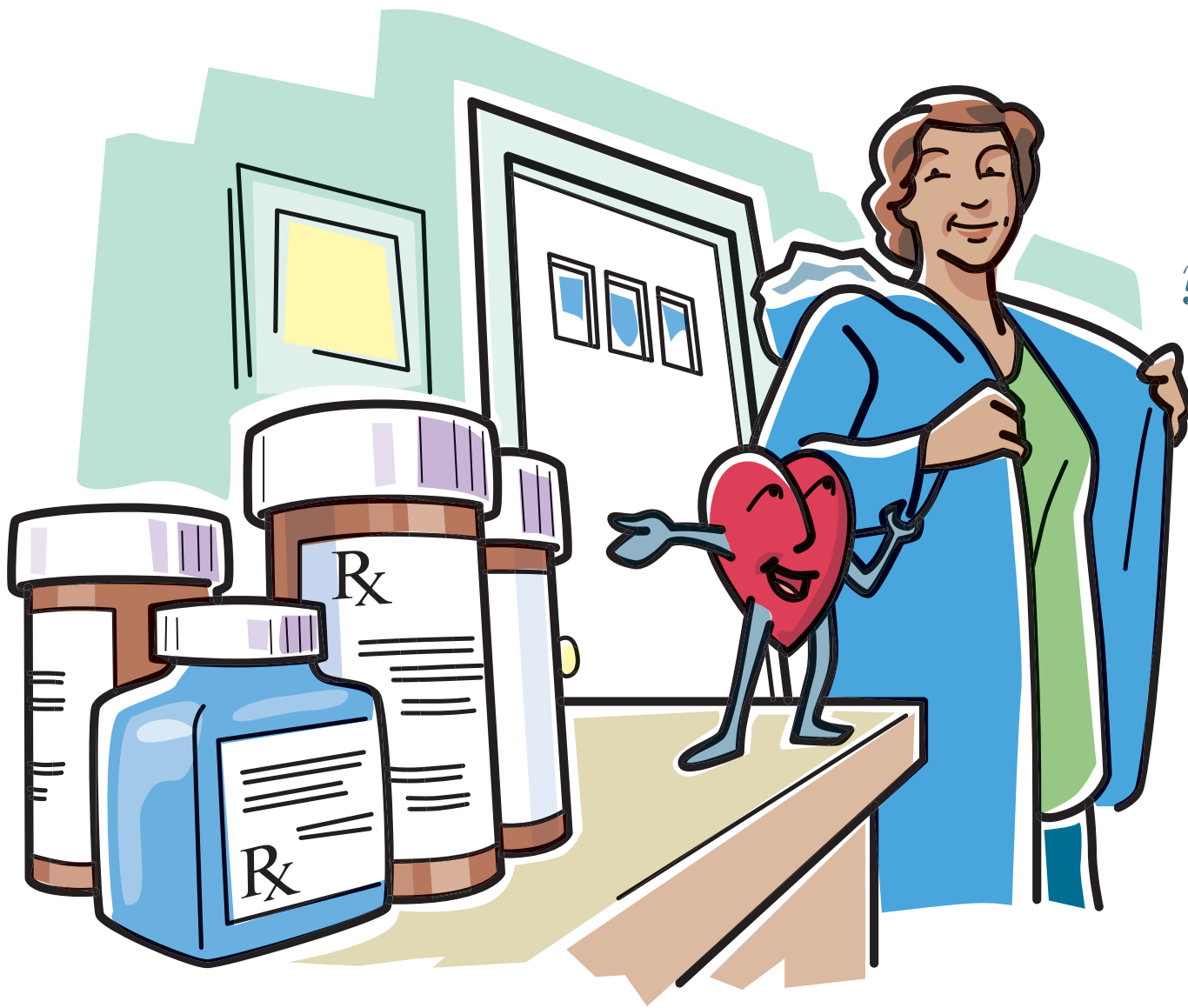
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11   	12   	13   	14   	15   	16   	17   
weight: _____	veterans day weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____
18   	19   	20   	21   	22   	23   	24   
weight: _____	weight: _____	weight: _____	weight: _____	thanksgiving day weight: _____	weight: _____	weight: _____
25   	26   	27   	28   	29   	30   	
weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	



call your healthcare provider immediately



call 911 if you cannot reach your healthcare provider immediately



take all
your medicines
even when you
feel well.
never
skip doses!

december

feeling indicator			✓ mark the color that indicates how you are feeling each day.
● good day	● bad day	● worse day	

sun

mon






























































































tue

wed

thu

fri

sat

							1   
							weight: _____
2   	3   	4   	5   	6   	7   	8   	
weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____
9   	10   	11   	12   	13   	14   	15   	
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weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____
23   	24   	25   	26   	27   	28   	29   	
weight: _____	weight: _____	christmas day	weight: _____	weight: _____	weight: _____	weight: _____	weight: _____
30   	31   						
weight: _____	weight: _____						



call your healthcare provider immediately



call 911 if you cannot reach your healthcare provider immediately

Aligning Forces for Quality (AF4Q) is the Robert Wood Johnson Foundation's signature effort to lift the overall quality of care in targeted communities, as well as reduce racial and ethnic disparities and provide real models for national reform. AF4Q asks the people who get care, give care and pay for care to work together to improve the quality of care delivered locally in 16 communities. Learn more at www.forces4quality.org.

Expecting Success: Excellence in Cardiac Care was a national program sponsored by the Robert Wood Johnson Foundation aimed at improving cardiac care for racial and ethnic minority populations in the United States.

this calendar was developed by a Special Work Group of *Expecting Success* leaders. members of the Work Group include:

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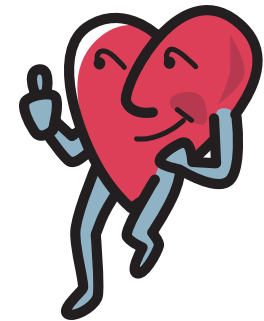
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