

Heart Failure Symptom Tracker



Sometimes symptoms of heart failure can change or get worse without you noticing. Heart failure is serious, so it's important to keep track of possible symptoms and mention them when you see your doctor.

Use the questions below to assess your symptoms. You can print out this sheet and use it to keep a record of how you have been feeling. Bring it with you to your next appointment so you can discuss the results with your doctor.



I get short of breath easily when walking up stairs or to the shops

(Rarely / Sometimes / Most of the time / All of the time)



I need to use more pillows to breathe easier

(Rarely / Some nights / Most nights / Every night)



I notice my abdomen, feet or ankles are swollen

(Rarely / Some days / Most days / Every day)



I cough even when I don't have a cold

(Rarely / Sometimes / Most of the time / All of the time)



I don't do activities I used to enjoy, eg baking, playing with my grandchildren, gardening or walking the dog

(Rarely / Sometimes / Most of the time / All of the time)