

Instructions for Heart Failure Monitoring Form

1. Each day record your weight.
2. Each day record your heart rate. Take your pulse rate for 15 seconds and multiply by 4 or use the chart below.
3. Take your blood pressure once a week or as directed by your health care provider.
4. Record how you feel each day. Do you feel good or are you having increased shortness of breath, chest pain, abdominal fullness, difficulty breathing when laying down, nausea, fatigue, early satiety or any other unusual symptom.

Heart Rate Table

15 seconds	One minute	15 seconds	One minute
13	52	19	76
14	56	20	80
15	60	21	84
16	64	22	88
17	68	23	92
18	72	24	96

