

Doctor’s appointment worksheet for heart failure

This sheet can help guide your conversation with your doctor. Fill this out with your provider, or bring it with you as a reminder of important questions to ask.

What is my blood pressure goal?
(Systolic/Diastolic) mmHg

Any specific instructions for weight gain or high blood pressure (like extra dose of medication)?

What is my dry weight? Pounds

When should I notify the clinic of weight gain? Pounds

Test to complete

Do I need any tests or labs done to monitor my heart disease?

Medications

Do I need to make any changes to my medications?
(Make sure to track these on your Heart Failure Medicine Tracker)

Lifestyle goals

Based on my eating, sleeping, exercise, and other habits, what are the right goals for me

Exercise Goal

Nutrition Goal

Sleep Goal

Other Goals (Alcohol, coffee, stress, smoking, etc.)