

Heart failure trigger log

When you have heart failure, certain triggers can make your symptoms worse. Knowing your triggers and avoiding them is important.



Use this trigger log to keep track of how you're feeling and what actions may be linked to your symptoms. Bring this trigger log with you to your doctor's visits to discuss any changes that may need to be made to your treatment plan.

Common triggers include:

 Too much salt

 Forgetting to take your meds

 High blood pressure

 Stress

Date	Symptoms	Symptom(s) Scale	Trigger	Duration
(example) 08/02/21	<input checked="" type="checkbox"/> Swelling (legs/abdomen) <input type="checkbox"/> Shortness of breath <input type="checkbox"/> Chest pain	<input type="checkbox"/> Dry cough <input checked="" type="checkbox"/> Dizzy <input checked="" type="checkbox"/> Headache	 Mild  Moderate  Severe Other: _____	12 Hours 0 Days
	Swelling (legs/abdomen) Shortness of breath Chest pain	Dry cough Dizzy _____	Mild Moderate Severe Other: _____	_____ Hours _____ Days
	Swelling (legs/abdomen) Shortness of breath Chest pain	Dry cough Dizzy _____	Mild Moderate Severe Other: _____	_____ Hours _____ Days
	Swelling (legs/abdomen) Shortness of breath Chest pain	Dry cough Dizzy _____	Mild Moderate Severe Other: _____	_____ Hours _____ Days
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