Know Your Why Worksheet

Heart Failure affects millions of people of all ages and many causes. Understanding your heart failure and its cause is important to help manage your health. This worksheet will help to outline the risk factors that could be contributing to your illness. If you can understand it, you can control it! That’s why AAHFN wants you Know the Why!

My care team believes the cause of my heart failure is probably ____________________.

Other risk factors that may contribute to my heart failure include ____________________
__________________________________________________________________________________
__________________________________________________________________________________

To treat my condition, I am supposed to take these medications: ____________________
__________________________________________________________________________________
__________________________________________________________________________________

To control fluid gain, I should restrict my liquid intake to ____________________ per day and my salt intake is limited to ____________________ per day.

Some strategies to manage my fluid or salt intake include:
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

My daily weight should be in the ____________________ range. If my weight goes up by more than 2 pounds overnight, I should ____________________.

Other symptoms that I should watch out for include ____________________.

Exercise is important to health. My exercise goal for now is ____________________.

I can reach my heart team at ____________________.

Resources online:
https://www.aahfn.org/mpage/patiented
www.togetherinhf.com