## 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:

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Too much salt



Forgetting to take your meds



High blood pressure



Stress

Date	Symptoms		Symptom(s) Scale	Trigger	Duration
(example) 08/02/21		☐ Dry cough ☑ Dizzy ☑ 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
	Swelling (legs/abdomen) Shortness of breath Chest pain	Dry cough Dizzy	Mild Moderate — Severe	Other:	Hours
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