

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)?
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What is my dry weight?	Pounds
.....	
When should I notify the clinic of weight gain?	Pounds
.....

Test to complete	Medications
Do I need any tests or labs done to monitor my heart disease?	Do I need to make any changes to my medications? <i>(Make sure to track these on your Heart Failure Medicine Tracker)</i>
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Lifestyle goals

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

Exercise Goal

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Nutrition Goal

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Sleep Goal

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

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