

Personal Health Tracker

Personal Health Tracker

The health tracker is an important tool in managing your condition. By using the tracker every day you will learn what is normal for you; you will then be able to recognize very small changes in your condition and take appropriate action.

Here's how to use the tracker:

- ① Enter the date
- ② Enter your weight
- ③ Enter your blood pressure, if applicable
- ④ For each symptom, circle the number that best describes how you feel. For instance, choose 1 if you are a little out of breath. Circle 5 if you are extremely out of breath. Choose 0 (zero) if you are currently not experiencing this symptom.
- ⑤ Note the color coding of each symptom. The colors indicate what action is needed.
 - 0 or 1 are color coded **green**
 - 2 or 3 are color coded **yellow**
 - 4 or 5 are color coded **red**

When to take action

GREEN

YOU ARE DOING WELL WHEN:

- Your weight is stable
- You have no trouble breathing
- You can do your normal activities
- You have no changes in your symptoms
- You are able to answer 0 or 1 to the questions on the tracker

YELLOW

CALL YOUR DOCTOR IN THE NEXT 24 HOURS WHEN:

- Your weight goes up 2 to 3 pounds overnight or 5 pounds or more in one week
- You have new swelling in your feet, ankles, hands or abdomen
- You have a dry, harsh cough that does not go away
- You feel more tired or have less energy than usual
- You have side effects from your medicines
- You answered 2 or 3 to the questions on the tracker

RED

CALL YOUR DOCTOR **RIGHT AWAY** WHEN:

- You have trouble breathing
- You feel anxious

CALL 911 WHEN:

- You have severe shortness of breath
- You feel dizzy
- You have chest pain that does not go away

Personal Health Tracker

	MONDAY DATE:				TUESDAY DATE:				WEDNESDAY DATE:									
Morning weight																		
Blood pressure																		
Shortness of breath	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Frequent coughing	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Fast heart rate	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Tired/weak	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen ankles	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen legs	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen belly	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Nausea	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Loss of appetite	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Just don't feel right	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5

	THURSDAY DATE:				FRIDAY DATE:				SATURDAY DATE:									
Morning weight																		
Blood pressure																		
Shortness of breath	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Frequent coughing	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Fast heart rate	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Tired/weak	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen ankles	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen legs	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen belly	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Nausea	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Loss of appetite	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Just don't feel right	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5

	SUNDAY DATE:					
Morning weight						
Blood pressure						
Shortness of breath	0	1	2	3	4	5
Frequent coughing	0	1	2	3	4	5
Fast heart rate	0	1	2	3	4	5
Tired/weak	0	1	2	3	4	5
Swollen ankles	0	1	2	3	4	5
Swollen legs	0	1	2	3	4	5
Swollen belly	0	1	2	3	4	5
Nausea	0	1	2	3	4	5
Loss of appetite	0	1	2	3	4	5
Just don't feel right	0	1	2	3	4	5

NOTES:

Personal Health Tracker

	MONDAY DATE:			TUESDAY DATE:			WEDNESDAY DATE:		
Morning weight									
Blood pressure									
Shortness of breath	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Frequent coughing	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Fast heart rate	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Tired/weak	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen ankles	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen legs	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen belly	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Nausea	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Loss of appetite	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Just don't feel right	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5

	THURSDAY DATE:			FRIDAY DATE:			SATURDAY DATE:		
Morning weight									
Blood pressure									
Shortness of breath	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Frequent coughing	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Fast heart rate	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Tired/weak	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen ankles	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen legs	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen belly	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Nausea	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Loss of appetite	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Just don't feel right	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5

	SUNDAY DATE:		
Morning weight			
Blood pressure			
Shortness of breath	0	1	2 3 4 5
Frequent coughing	0	1	2 3 4 5
Fast heart rate	0	1	2 3 4 5
Tired/weak	0	1	2 3 4 5
Swollen ankles	0	1	2 3 4 5
Swollen legs	0	1	2 3 4 5
Swollen belly	0	1	2 3 4 5
Nausea	0	1	2 3 4 5
Loss of appetite	0	1	2 3 4 5
Just don't feel right	0	1	2 3 4 5

NOTES:

Personal Health Tracker

	MONDAY DATE:			TUESDAY DATE:			WEDNESDAY DATE:		
Morning weight									
Blood pressure									
Shortness of breath	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Frequent coughing	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Fast heart rate	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Tired/weak	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen ankles	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen legs	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen belly	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Nausea	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Loss of appetite	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Just don't feel right	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5

	THURSDAY DATE:			FRIDAY DATE:			SATURDAY DATE:		
Morning weight									
Blood pressure									
Shortness of breath	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Frequent coughing	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Fast heart rate	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Tired/weak	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen ankles	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen legs	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen belly	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Nausea	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Loss of appetite	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Just don't feel right	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5

	SUNDAY DATE:		
Morning weight			
Blood pressure			
Shortness of breath	0	1	2 3 4 5
Frequent coughing	0	1	2 3 4 5
Fast heart rate	0	1	2 3 4 5
Tired/weak	0	1	2 3 4 5
Swollen ankles	0	1	2 3 4 5
Swollen legs	0	1	2 3 4 5
Swollen belly	0	1	2 3 4 5
Nausea	0	1	2 3 4 5
Loss of appetite	0	1	2 3 4 5
Just don't feel right	0	1	2 3 4 5

NOTES:

Personal Health Tracker

	MONDAY DATE:	TUESDAY DATE:	WEDNESDAY DATE:
Morning weight			
Blood pressure			
Shortness of breath	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Frequent coughing	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Fast heart rate	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Tired/weak	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen ankles	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen legs	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen belly	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Nausea	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Loss of appetite	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Just don't feel right	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5

	THURSDAY DATE:	FRIDAY DATE:	SATURDAY DATE:
Morning weight			
Blood pressure			
Shortness of breath	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Frequent coughing	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Fast heart rate	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Tired/weak	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen ankles	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen legs	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen belly	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Nausea	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Loss of appetite	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Just don't feel right	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5

	SUNDAY DATE:
Morning weight	
Blood pressure	
Shortness of breath	0 1 2 3 4 5
Frequent coughing	0 1 2 3 4 5
Fast heart rate	0 1 2 3 4 5
Tired/weak	0 1 2 3 4 5
Swollen ankles	0 1 2 3 4 5
Swollen legs	0 1 2 3 4 5
Swollen belly	0 1 2 3 4 5
Nausea	0 1 2 3 4 5
Loss of appetite	0 1 2 3 4 5
Just don't feel right	0 1 2 3 4 5

NOTES:

Personal Health Tracker

	MONDAY DATE:			TUESDAY DATE:			WEDNESDAY DATE:		
Morning weight									
Blood pressure									
Shortness of breath	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Frequent coughing	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Fast heart rate	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Tired/weak	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen ankles	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen legs	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen belly	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Nausea	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Loss of appetite	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Just don't feel right	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5

	THURSDAY DATE:			FRIDAY DATE:			SATURDAY DATE:		
Morning weight									
Blood pressure									
Shortness of breath	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Frequent coughing	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Fast heart rate	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Tired/weak	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen ankles	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen legs	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen belly	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Nausea	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Loss of appetite	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Just don't feel right	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5

	SUNDAY DATE:		
Morning weight			
Blood pressure			
Shortness of breath	0	1	2 3 4 5
Frequent coughing	0	1	2 3 4 5
Fast heart rate	0	1	2 3 4 5
Tired/weak	0	1	2 3 4 5
Swollen ankles	0	1	2 3 4 5
Swollen legs	0	1	2 3 4 5
Swollen belly	0	1	2 3 4 5
Nausea	0	1	2 3 4 5
Loss of appetite	0	1	2 3 4 5
Just don't feel right	0	1	2 3 4 5

NOTES:

Personal Health Tracker

	MONDAY DATE:	TUESDAY DATE:	WEDNESDAY DATE:
Morning weight			
Blood pressure			
Shortness of breath	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Frequent coughing	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Fast heart rate	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Tired/weak	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen ankles	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen legs	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen belly	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Nausea	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Loss of appetite	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Just don't feel right	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5

	THURSDAY DATE:	FRIDAY DATE:	SATURDAY DATE:
Morning weight			
Blood pressure			
Shortness of breath	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Frequent coughing	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Fast heart rate	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Tired/weak	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen ankles	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen legs	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen belly	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Nausea	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Loss of appetite	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Just don't feel right	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5

	SUNDAY DATE:
Morning weight	
Blood pressure	
Shortness of breath	0 1 2 3 4 5
Frequent coughing	0 1 2 3 4 5
Fast heart rate	0 1 2 3 4 5
Tired/weak	0 1 2 3 4 5
Swollen ankles	0 1 2 3 4 5
Swollen legs	0 1 2 3 4 5
Swollen belly	0 1 2 3 4 5
Nausea	0 1 2 3 4 5
Loss of appetite	0 1 2 3 4 5
Just don't feel right	0 1 2 3 4 5

NOTES:

Personal Health Tracker

	MONDAY DATE:			TUESDAY DATE:			WEDNESDAY DATE:		
Morning weight									
Blood pressure									
Shortness of breath	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Frequent coughing	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Fast heart rate	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Tired/weak	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen ankles	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen legs	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen belly	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Nausea	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Loss of appetite	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Just don't feel right	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5

	THURSDAY DATE:			FRIDAY DATE:			SATURDAY DATE:		
Morning weight									
Blood pressure									
Shortness of breath	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Frequent coughing	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Fast heart rate	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Tired/weak	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen ankles	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen legs	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen belly	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Nausea	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Loss of appetite	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Just don't feel right	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5

	SUNDAY DATE:		
Morning weight			
Blood pressure			
Shortness of breath	0	1	2 3 4 5
Frequent coughing	0	1	2 3 4 5
Fast heart rate	0	1	2 3 4 5
Tired/weak	0	1	2 3 4 5
Swollen ankles	0	1	2 3 4 5
Swollen legs	0	1	2 3 4 5
Swollen belly	0	1	2 3 4 5
Nausea	0	1	2 3 4 5
Loss of appetite	0	1	2 3 4 5
Just don't feel right	0	1	2 3 4 5

NOTES:

Personal Health Tracker

	MONDAY DATE:			TUESDAY DATE:			WEDNESDAY DATE:		
Morning weight									
Blood pressure									
Shortness of breath	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Frequent coughing	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Fast heart rate	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Tired/weak	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen ankles	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen legs	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen belly	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Nausea	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Loss of appetite	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Just don't feel right	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5

	THURSDAY DATE:			FRIDAY DATE:			SATURDAY DATE:		
Morning weight									
Blood pressure									
Shortness of breath	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Frequent coughing	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Fast heart rate	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Tired/weak	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen ankles	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen legs	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen belly	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Nausea	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Loss of appetite	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Just don't feel right	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5

	SUNDAY DATE:		
Morning weight			
Blood pressure			
Shortness of breath	0	1	2 3 4 5
Frequent coughing	0	1	2 3 4 5
Fast heart rate	0	1	2 3 4 5
Tired/weak	0	1	2 3 4 5
Swollen ankles	0	1	2 3 4 5
Swollen legs	0	1	2 3 4 5
Swollen belly	0	1	2 3 4 5
Nausea	0	1	2 3 4 5
Loss of appetite	0	1	2 3 4 5
Just don't feel right	0	1	2 3 4 5

NOTES:

Personal Health Tracker

	MONDAY DATE:				TUESDAY DATE:				WEDNESDAY DATE:									
Morning weight																		
Blood pressure																		
Shortness of breath	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Frequent coughing	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Fast heart rate	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Tired/weak	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen ankles	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen legs	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen belly	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Nausea	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Loss of appetite	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Just don't feel right	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5

	THURSDAY DATE:				FRIDAY DATE:				SATURDAY DATE:									
Morning weight																		
Blood pressure																		
Shortness of breath	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Frequent coughing	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Fast heart rate	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Tired/weak	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen ankles	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen legs	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen belly	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Nausea	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Loss of appetite	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Just don't feel right	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5

	SUNDAY DATE:					
Morning weight						
Blood pressure						
Shortness of breath	0	1	2	3	4	5
Frequent coughing	0	1	2	3	4	5
Fast heart rate	0	1	2	3	4	5
Tired/weak	0	1	2	3	4	5
Swollen ankles	0	1	2	3	4	5
Swollen legs	0	1	2	3	4	5
Swollen belly	0	1	2	3	4	5
Nausea	0	1	2	3	4	5
Loss of appetite	0	1	2	3	4	5
Just don't feel right	0	1	2	3	4	5

NOTES:

Personal Health Tracker

	MONDAY DATE:	TUESDAY DATE:	WEDNESDAY DATE:
Morning weight			
Blood pressure			
Shortness of breath	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Frequent coughing	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Fast heart rate	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Tired/weak	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen ankles	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen legs	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen belly	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Nausea	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Loss of appetite	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Just don't feel right	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5

	THURSDAY DATE:	FRIDAY DATE:	SATURDAY DATE:
Morning weight			
Blood pressure			
Shortness of breath	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Frequent coughing	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Fast heart rate	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Tired/weak	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen ankles	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen legs	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen belly	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Nausea	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Loss of appetite	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Just don't feel right	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5

	SUNDAY DATE:
Morning weight	
Blood pressure	
Shortness of breath	0 1 2 3 4 5
Frequent coughing	0 1 2 3 4 5
Fast heart rate	0 1 2 3 4 5
Tired/weak	0 1 2 3 4 5
Swollen ankles	0 1 2 3 4 5
Swollen legs	0 1 2 3 4 5
Swollen belly	0 1 2 3 4 5
Nausea	0 1 2 3 4 5
Loss of appetite	0 1 2 3 4 5
Just don't feel right	0 1 2 3 4 5

NOTES:

Personal Health Tracker

	MONDAY DATE:			TUESDAY DATE:			WEDNESDAY DATE:		
Morning weight									
Blood pressure									
Shortness of breath	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Frequent coughing	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Fast heart rate	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Tired/weak	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen ankles	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen legs	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen belly	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Nausea	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Loss of appetite	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Just don't feel right	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5

	THURSDAY DATE:			FRIDAY DATE:			SATURDAY DATE:		
Morning weight									
Blood pressure									
Shortness of breath	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Frequent coughing	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Fast heart rate	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Tired/weak	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen ankles	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen legs	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen belly	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Nausea	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Loss of appetite	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Just don't feel right	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5

	SUNDAY DATE:		
Morning weight			
Blood pressure			
Shortness of breath	0	1	2 3 4 5
Frequent coughing	0	1	2 3 4 5
Fast heart rate	0	1	2 3 4 5
Tired/weak	0	1	2 3 4 5
Swollen ankles	0	1	2 3 4 5
Swollen legs	0	1	2 3 4 5
Swollen belly	0	1	2 3 4 5
Nausea	0	1	2 3 4 5
Loss of appetite	0	1	2 3 4 5
Just don't feel right	0	1	2 3 4 5

NOTES:

Personal Health Tracker

	MONDAY DATE:	TUESDAY DATE:	WEDNESDAY DATE:
Morning weight			
Blood pressure			
Shortness of breath	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Frequent coughing	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Fast heart rate	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Tired/weak	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen ankles	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen legs	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen belly	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Nausea	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Loss of appetite	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Just don't feel right	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5

	THURSDAY DATE:	FRIDAY DATE:	SATURDAY DATE:
Morning weight			
Blood pressure			
Shortness of breath	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Frequent coughing	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Fast heart rate	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Tired/weak	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen ankles	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen legs	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen belly	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Nausea	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Loss of appetite	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Just don't feel right	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5

	SUNDAY DATE:
Morning weight	
Blood pressure	
Shortness of breath	0 1 2 3 4 5
Frequent coughing	0 1 2 3 4 5
Fast heart rate	0 1 2 3 4 5
Tired/weak	0 1 2 3 4 5
Swollen ankles	0 1 2 3 4 5
Swollen legs	0 1 2 3 4 5
Swollen belly	0 1 2 3 4 5
Nausea	0 1 2 3 4 5
Loss of appetite	0 1 2 3 4 5
Just don't feel right	0 1 2 3 4 5

NOTES:

Personal Health Tracker

	MONDAY DATE:			TUESDAY DATE:			WEDNESDAY DATE:		
Morning weight									
Blood pressure									
Shortness of breath	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Frequent coughing	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Fast heart rate	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Tired/weak	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen ankles	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen legs	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen belly	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Nausea	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Loss of appetite	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Just don't feel right	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5

	THURSDAY DATE:			FRIDAY DATE:			SATURDAY DATE:		
Morning weight									
Blood pressure									
Shortness of breath	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Frequent coughing	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Fast heart rate	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Tired/weak	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen ankles	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen legs	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen belly	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Nausea	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Loss of appetite	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Just don't feel right	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5

	SUNDAY DATE:		
Morning weight			
Blood pressure			
Shortness of breath	0	1	2 3 4 5
Frequent coughing	0	1	2 3 4 5
Fast heart rate	0	1	2 3 4 5
Tired/weak	0	1	2 3 4 5
Swollen ankles	0	1	2 3 4 5
Swollen legs	0	1	2 3 4 5
Swollen belly	0	1	2 3 4 5
Nausea	0	1	2 3 4 5
Loss of appetite	0	1	2 3 4 5
Just don't feel right	0	1	2 3 4 5

NOTES:

Personal Health Tracker

	MONDAY DATE:	TUESDAY DATE:	WEDNESDAY DATE:
Morning weight			
Blood pressure			
Shortness of breath	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Frequent coughing	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Fast heart rate	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Tired/weak	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen ankles	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen legs	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen belly	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Nausea	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Loss of appetite	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Just don't feel right	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5

	THURSDAY DATE:	FRIDAY DATE:	SATURDAY DATE:
Morning weight			
Blood pressure			
Shortness of breath	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Frequent coughing	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Fast heart rate	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Tired/weak	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen ankles	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen legs	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen belly	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Nausea	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Loss of appetite	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Just don't feel right	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5

	SUNDAY DATE:
Morning weight	
Blood pressure	
Shortness of breath	0 1 2 3 4 5
Frequent coughing	0 1 2 3 4 5
Fast heart rate	0 1 2 3 4 5
Tired/weak	0 1 2 3 4 5
Swollen ankles	0 1 2 3 4 5
Swollen legs	0 1 2 3 4 5
Swollen belly	0 1 2 3 4 5
Nausea	0 1 2 3 4 5
Loss of appetite	0 1 2 3 4 5
Just don't feel right	0 1 2 3 4 5

NOTES:

Personal Health Tracker

	MONDAY DATE:			TUESDAY DATE:			WEDNESDAY DATE:		
Morning weight									
Blood pressure									
Shortness of breath	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Frequent coughing	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Fast heart rate	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Tired/weak	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen ankles	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen legs	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen belly	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Nausea	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Loss of appetite	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Just don't feel right	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5

	THURSDAY DATE:			FRIDAY DATE:			SATURDAY DATE:		
Morning weight									
Blood pressure									
Shortness of breath	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Frequent coughing	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Fast heart rate	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Tired/weak	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen ankles	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen legs	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen belly	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Nausea	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Loss of appetite	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Just don't feel right	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5

	SUNDAY DATE:		
Morning weight			
Blood pressure			
Shortness of breath	0	1	2 3 4 5
Frequent coughing	0	1	2 3 4 5
Fast heart rate	0	1	2 3 4 5
Tired/weak	0	1	2 3 4 5
Swollen ankles	0	1	2 3 4 5
Swollen legs	0	1	2 3 4 5
Swollen belly	0	1	2 3 4 5
Nausea	0	1	2 3 4 5
Loss of appetite	0	1	2 3 4 5
Just don't feel right	0	1	2 3 4 5

NOTES:

Personal Health Tracker

	MONDAY DATE:	TUESDAY DATE:	WEDNESDAY DATE:
Morning weight			
Blood pressure			
Shortness of breath	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Frequent coughing	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Fast heart rate	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Tired/weak	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen ankles	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen legs	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen belly	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Nausea	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Loss of appetite	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Just don't feel right	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5

	THURSDAY DATE:	FRIDAY DATE:	SATURDAY DATE:
Morning weight			
Blood pressure			
Shortness of breath	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Frequent coughing	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Fast heart rate	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Tired/weak	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen ankles	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen legs	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen belly	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Nausea	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Loss of appetite	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Just don't feel right	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5

	SUNDAY DATE:
Morning weight	
Blood pressure	
Shortness of breath	0 1 2 3 4 5
Frequent coughing	0 1 2 3 4 5
Fast heart rate	0 1 2 3 4 5
Tired/weak	0 1 2 3 4 5
Swollen ankles	0 1 2 3 4 5
Swollen legs	0 1 2 3 4 5
Swollen belly	0 1 2 3 4 5
Nausea	0 1 2 3 4 5
Loss of appetite	0 1 2 3 4 5
Just don't feel right	0 1 2 3 4 5

NOTES:

Personal Health Tracker

	MONDAY DATE:				TUESDAY DATE:				WEDNESDAY DATE:									
Morning weight																		
Blood pressure																		
Shortness of breath	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Frequent coughing	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Fast heart rate	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Tired/weak	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen ankles	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen legs	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen belly	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Nausea	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Loss of appetite	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Just don't feel right	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5

	THURSDAY DATE:				FRIDAY DATE:				SATURDAY DATE:									
Morning weight																		
Blood pressure																		
Shortness of breath	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Frequent coughing	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Fast heart rate	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Tired/weak	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen ankles	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen legs	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen belly	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Nausea	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Loss of appetite	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Just don't feel right	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5

	SUNDAY DATE:					
Morning weight						
Blood pressure						
Shortness of breath	0	1	2	3	4	5
Frequent coughing	0	1	2	3	4	5
Fast heart rate	0	1	2	3	4	5
Tired/weak	0	1	2	3	4	5
Swollen ankles	0	1	2	3	4	5
Swollen legs	0	1	2	3	4	5
Swollen belly	0	1	2	3	4	5
Nausea	0	1	2	3	4	5
Loss of appetite	0	1	2	3	4	5
Just don't feel right	0	1	2	3	4	5

NOTES:

Personal Health Tracker

	MONDAY DATE:	TUESDAY DATE:	WEDNESDAY DATE:
Morning weight			
Blood pressure			
Shortness of breath	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Frequent coughing	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Fast heart rate	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Tired/weak	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen ankles	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen legs	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen belly	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Nausea	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Loss of appetite	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Just don't feel right	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5

	THURSDAY DATE:	FRIDAY DATE:	SATURDAY DATE:
Morning weight			
Blood pressure			
Shortness of breath	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Frequent coughing	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Fast heart rate	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Tired/weak	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen ankles	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen legs	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen belly	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Nausea	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Loss of appetite	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Just don't feel right	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5

	SUNDAY DATE:
Morning weight	
Blood pressure	
Shortness of breath	0 1 2 3 4 5
Frequent coughing	0 1 2 3 4 5
Fast heart rate	0 1 2 3 4 5
Tired/weak	0 1 2 3 4 5
Swollen ankles	0 1 2 3 4 5
Swollen legs	0 1 2 3 4 5
Swollen belly	0 1 2 3 4 5
Nausea	0 1 2 3 4 5
Loss of appetite	0 1 2 3 4 5
Just don't feel right	0 1 2 3 4 5

NOTES:

Personal Health Tracker

	MONDAY DATE:				TUESDAY DATE:				WEDNESDAY DATE:									
Morning weight																		
Blood pressure																		
Shortness of breath	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Frequent coughing	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Fast heart rate	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Tired/weak	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen ankles	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen legs	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen belly	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Nausea	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Loss of appetite	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Just don't feel right	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5

	THURSDAY DATE:				FRIDAY DATE:				SATURDAY DATE:									
Morning weight																		
Blood pressure																		
Shortness of breath	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Frequent coughing	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Fast heart rate	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Tired/weak	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen ankles	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen legs	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen belly	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Nausea	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Loss of appetite	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Just don't feel right	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5

	SUNDAY DATE:					
Morning weight						
Blood pressure						
Shortness of breath	0	1	2	3	4	5
Frequent coughing	0	1	2	3	4	5
Fast heart rate	0	1	2	3	4	5
Tired/weak	0	1	2	3	4	5
Swollen ankles	0	1	2	3	4	5
Swollen legs	0	1	2	3	4	5
Swollen belly	0	1	2	3	4	5
Nausea	0	1	2	3	4	5
Loss of appetite	0	1	2	3	4	5
Just don't feel right	0	1	2	3	4	5

NOTES:

Personal Health Tracker

	MONDAY DATE:			TUESDAY DATE:			WEDNESDAY DATE:		
Morning weight									
Blood pressure									
Shortness of breath	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Frequent coughing	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Fast heart rate	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Tired/weak	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen ankles	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen legs	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen belly	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Nausea	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Loss of appetite	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Just don't feel right	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5

	THURSDAY DATE:			FRIDAY DATE:			SATURDAY DATE:		
Morning weight									
Blood pressure									
Shortness of breath	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Frequent coughing	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Fast heart rate	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Tired/weak	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen ankles	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen legs	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen belly	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Nausea	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Loss of appetite	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Just don't feel right	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5

	SUNDAY DATE:		
Morning weight			
Blood pressure			
Shortness of breath	0	1	2 3 4 5
Frequent coughing	0	1	2 3 4 5
Fast heart rate	0	1	2 3 4 5
Tired/weak	0	1	2 3 4 5
Swollen ankles	0	1	2 3 4 5
Swollen legs	0	1	2 3 4 5
Swollen belly	0	1	2 3 4 5
Nausea	0	1	2 3 4 5
Loss of appetite	0	1	2 3 4 5
Just don't feel right	0	1	2 3 4 5

NOTES:

Personal Health Tracker

	MONDAY DATE:				TUESDAY DATE:				WEDNESDAY DATE:									
Morning weight																		
Blood pressure																		
Shortness of breath	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Frequent coughing	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Fast heart rate	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Tired/weak	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen ankles	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen legs	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen belly	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Nausea	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Loss of appetite	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Just don't feel right	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5

	THURSDAY DATE:				FRIDAY DATE:				SATURDAY DATE:									
Morning weight																		
Blood pressure																		
Shortness of breath	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Frequent coughing	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Fast heart rate	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Tired/weak	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen ankles	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen legs	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen belly	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Nausea	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Loss of appetite	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Just don't feel right	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5

	SUNDAY DATE:					
Morning weight						
Blood pressure						
Shortness of breath	0	1	2	3	4	5
Frequent coughing	0	1	2	3	4	5
Fast heart rate	0	1	2	3	4	5
Tired/weak	0	1	2	3	4	5
Swollen ankles	0	1	2	3	4	5
Swollen legs	0	1	2	3	4	5
Swollen belly	0	1	2	3	4	5
Nausea	0	1	2	3	4	5
Loss of appetite	0	1	2	3	4	5
Just don't feel right	0	1	2	3	4	5

NOTES:

Personal Health Tracker

	MONDAY DATE:			TUESDAY DATE:			WEDNESDAY DATE:		
Morning weight									
Blood pressure									
Shortness of breath	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Frequent coughing	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Fast heart rate	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Tired/weak	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen ankles	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen legs	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen belly	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Nausea	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Loss of appetite	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Just don't feel right	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5

	THURSDAY DATE:			FRIDAY DATE:			SATURDAY DATE:		
Morning weight									
Blood pressure									
Shortness of breath	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Frequent coughing	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Fast heart rate	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Tired/weak	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen ankles	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen legs	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Swollen belly	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Nausea	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Loss of appetite	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5
Just don't feel right	0	1	2 3 4 5	0	1	2 3 4 5	0	1	2 3 4 5

	SUNDAY DATE:		
Morning weight			
Blood pressure			
Shortness of breath	0	1	2 3 4 5
Frequent coughing	0	1	2 3 4 5
Fast heart rate	0	1	2 3 4 5
Tired/weak	0	1	2 3 4 5
Swollen ankles	0	1	2 3 4 5
Swollen legs	0	1	2 3 4 5
Swollen belly	0	1	2 3 4 5
Nausea	0	1	2 3 4 5
Loss of appetite	0	1	2 3 4 5
Just don't feel right	0	1	2 3 4 5

NOTES:

Personal Health Tracker

	MONDAY DATE:				TUESDAY DATE:				WEDNESDAY DATE:									
Morning weight																		
Blood pressure																		
Shortness of breath	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Frequent coughing	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Fast heart rate	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Tired/weak	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen ankles	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen legs	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen belly	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Nausea	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Loss of appetite	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Just don't feel right	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5

	THURSDAY DATE:				FRIDAY DATE:				SATURDAY DATE:									
Morning weight																		
Blood pressure																		
Shortness of breath	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Frequent coughing	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Fast heart rate	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Tired/weak	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen ankles	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen legs	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Swollen belly	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Nausea	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Loss of appetite	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5
Just don't feel right	0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5

	SUNDAY DATE:					
Morning weight						
Blood pressure						
Shortness of breath	0	1	2	3	4	5
Frequent coughing	0	1	2	3	4	5
Fast heart rate	0	1	2	3	4	5
Tired/weak	0	1	2	3	4	5
Swollen ankles	0	1	2	3	4	5
Swollen legs	0	1	2	3	4	5
Swollen belly	0	1	2	3	4	5
Nausea	0	1	2	3	4	5
Loss of appetite	0	1	2	3	4	5
Just don't feel right	0	1	2	3	4	5

NOTES:

Personal Health Tracker

	MONDAY DATE:	TUESDAY DATE:	WEDNESDAY DATE:
Morning weight			
Blood pressure			
Shortness of breath	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Frequent coughing	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Fast heart rate	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Tired/weak	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen ankles	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen legs	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen belly	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Nausea	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Loss of appetite	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Just don't feel right	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5

	THURSDAY DATE:	FRIDAY DATE:	SATURDAY DATE:
Morning weight			
Blood pressure			
Shortness of breath	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Frequent coughing	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Fast heart rate	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Tired/weak	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen ankles	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen legs	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Swollen belly	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Nausea	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Loss of appetite	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Just don't feel right	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5

	SUNDAY DATE:
Morning weight	
Blood pressure	
Shortness of breath	0 1 2 3 4 5
Frequent coughing	0 1 2 3 4 5
Fast heart rate	0 1 2 3 4 5
Tired/weak	0 1 2 3 4 5
Swollen ankles	0 1 2 3 4 5
Swollen legs	0 1 2 3 4 5
Swollen belly	0 1 2 3 4 5
Nausea	0 1 2 3 4 5
Loss of appetite	0 1 2 3 4 5
Just don't feel right	0 1 2 3 4 5

NOTES:



Northwestern Medicine Central DuPage Hospital

25 North Winfield Road
Winfield, Illinois 60190
630.933.1600

Northwestern Medicine Delnor Hospital

300 Randall Road
Geneva, Illinois 60134
630.208.3000

TTY for the hearing impaired 630.933.4833

cadencehealth.org
nm.org

