

Community Paramedic Line (208)287-2998

Your ideal weight is _____ Ideal Blood pressure is _____

- Weigh yourself every morning along with checking your blood pressure.
- Do this **after** you use the restroom but before you get dressed or take your prescribed medications.
- Check your symptoms daily and make notes accordingly.
- **Bring this with you to your next doctor’s visit.**

Green - Good Signs - All is Well!

- ✓ No shortness of breath
- ✓ No weight gain
- ✓ No swelling (legs, ankles and/or feet)
- ✓ No Decrease in your ability to maintain normal activity

Yellow - Caution Signs - Time to Act!

Call your doctor if you have:

- ✓ Weight gain (2-3 lbs. in one day or 5 lbs. in 2 days)
- ✓ Coughing
- ✓ Swelling of legs, ankles and/or feet
- ✓ Shortness of breath
- ✓ CHEST PAIN

Red - DANGER Signs – Call 911!

- ✓ Unrelieved shortness of breath
- ✓ Unrelieved CHEST PAIN
- ✓ Wheezing or chest tightness at rest?

CALL YOUR DOCTOR RIGHT AWAY or 911!!

			Today’s Symptoms		
Date	Weight	Blood Pressure	Green – Good	Yellow –Caution	Red - Danger

Today's Symptoms

Date	Weight	Blood Pressure	Green – Good	Yellow –Caution	Red - Danger