



Agrace Cardiac Care Program Symptom Tracking

Date	Weight in Pounds	Blood Pressure	Heart Rate	Any change in edema? Where?	Shortness of breath	Coughing or Wheezing	Pain? Where?	Have there been any changes from yesterday? (e.g., eating, sleeping, restlessness, activity, anxiety, lightheadedness, fatigue, medication, changes, etc.)
		/			<input type="checkbox"/> Increase <input type="checkbox"/> Decrease <input type="checkbox"/> Same	<input type="checkbox"/> Yes <input type="checkbox"/> No		
		/			<input type="checkbox"/> Increase <input type="checkbox"/> Decrease <input type="checkbox"/> Same	<input type="checkbox"/> Yes <input type="checkbox"/> No		
		/			<input type="checkbox"/> Increase <input type="checkbox"/> Decrease <input type="checkbox"/> Same	<input type="checkbox"/> Yes <input type="checkbox"/> No		
		/			<input type="checkbox"/> Increase <input type="checkbox"/> Decrease <input type="checkbox"/> Same	<input type="checkbox"/> Yes <input type="checkbox"/> No		
		/			<input type="checkbox"/> Increase <input type="checkbox"/> Decrease <input type="checkbox"/> Same	<input type="checkbox"/> Yes <input type="checkbox"/> No		
		/			<input type="checkbox"/> Increase <input type="checkbox"/> Decrease <input type="checkbox"/> Same	<input type="checkbox"/> Yes <input type="checkbox"/> No		
		/			<input type="checkbox"/> Increase <input type="checkbox"/> Decrease <input type="checkbox"/> Same	<input type="checkbox"/> Yes <input type="checkbox"/> No		
		/			<input type="checkbox"/> Increase <input type="checkbox"/> Decrease <input type="checkbox"/> Same	<input type="checkbox"/> Yes <input type="checkbox"/> No		
		/			<input type="checkbox"/> Increase <input type="checkbox"/> Decrease <input type="checkbox"/> Same	<input type="checkbox"/> Yes <input type="checkbox"/> No		

Reminder: Weight should be taken at the same time of day, on the same scale, in the same amount of dress, and after toileting if possible. If you are unable to check weight, note if clothes are fitting the same as previous days or do they feel snug.