












HEART FAILURE SELF-MANAGEMENT GOALS EXAMPLES

Goal 1	I will learn symptoms of heart failure worsening and when to call for immediate help. My nurse or doctor told me that I should call when- _____, _____, _____, _____.	
Goal 2	I will take all of the medicines ordered by my doctor by- ___ Keeping them in a pill box. ___ Write out what I need to take, how much and when and keep with me. _____	
Goal 3	I will keep an updated list of all the medications I take and bring the list with me when I see my doctor.	
Goal 4	I will follow a low sodium (salt) diet by- ___ Not adding salt to food when I cook. ___ Not adding salt to food I eat. ___ Use a salt substitute. ___ Read food labels for sodium counts. _____	
Goal 5	I will weigh myself every day and write it down. If I have gained weight, I will follow the advice my doctor or nurse care manager has given me.	
Goal 6	I will get a flu shot this fall and get a pneumonia vaccine if I haven't had one done.	
Goal 7	I will eat foods that are good for me and reduce the amount of fatty foods I am eating now by- ___ Eating more fruits, ___ salads, ___ vegetables, ___ lean meats _____, _____	
Goal 8	I will stop smoking or reduce my smoking to ___ cigarettes per day.	
Goal 9	If I choose to drink, I will limit the use of alcohol to no more than 2 - 3 drinks each week.	
Goal 10	I will be physically active by _____ _____ days a week.	
Goal 11	I will follow fluid restriction if advised by my doctor or nurse care manager. I will make sure that I understand what I can drink and eat.	

This tool has been designed to give examples of self-management goals for patients with CHF and to offer space to add goals that health care providers and patients want to work on as well.