



planner & tracker

CANADIAN WOMEN WITH
MEDICAL HEART ISSUES

2025

HEARTLIFE FOUNDATION
OF CANADA

planner & tracker

**begin,
blossom,
become.**

A personal calendar planner and medical tracker to help with heart disease or heart failure self-management.

Any and all self documented information is for self discovery and are not meant to be a medical diagnostic tool.

Begin the daily process ... watch yourself **bloom** as you see patterns emerge ... **become** a stronger version of yourself!

Knowledge is powerful!



LifeInHearts.ca



APR

April

2025

M	T	W	T	F	S	S	
	1	2	3	4	5	6	
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30				

04

April

“Don't count the days.
Make the days count.”
- Muhammad Ali

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

PRIORITIES

01. _____

02. _____

03. _____

GOALS

○ _____

○ _____

○ _____

NOTES

weekly health tracker.

BLOOD PRESSURE

M _____ / _____
T _____ / _____
W _____ / _____
T _____ / _____
F _____ / _____
S _____ / _____
S _____ / _____

HEART RATE

M _____
T _____
W _____
T _____
F _____
S _____
S _____

WEIGHT

M _____
T _____
W _____
T _____
F _____
S _____
S _____

End of the week

symptom check.

These are the most common symptoms **heart failure** - If you experience any of these symptoms as new to you or worsening, please contact your health care team.

N
 Y

INCREASED SHORTNESS OF BREATH, ESPECIALLY WHEN LYING FLAT

N
 Y

BLOATING OR LOSS OF OR CHANGE IN APPETITE

N
 Y

INCREASED URINATION AT NIGHT

N
 Y

CONFUSION, IMPAIRED THINKING, OR FEELING LIGHTHEADED

N
 Y

FATIGUE, LOSS OF ENERGY OR EXTREME TIREDNESS

N
 Y

COUGH OR COLD SYMPTOMS THAT LAST FOR MORE THAN A WEEK

N
 Y

INCREASED SWELLING OF THE ANKLES, FEET LEGS, SACRUM (BASE OF THE SPINE) OR ABDOMEN

N
 Y

SUDDEN GAIN OF MORE THAN 1.5KG (3 POUNDS) OVER 1 TO 2 DAYS, OR 2.5KG (5 POUNDS) IN A SINGLE WEEK

ADDITIONAL COMMENTS

weekly health tracker.

BLOOD PRESSURE

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T _____ / _____
W _____ / _____
T _____ / _____
F _____ / _____
S _____ / _____
S _____ / _____

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ADDITIONAL COMMENTS

monthly review.

TOP ACCOMPLISHMENTS

GRATITUDE LIST

01.

02.

03.

DO MORE OF

DO LESS OF

NOTES

HEALTH TRACKER SUMMARY

Keeping track of your health status is important to maintain a healthy heart and can help guide changes to your lifestyle or care plan. If you have any concerns, please contact your care team.

STABLE BLOOD PRESSURE Y N

STABLE HEART RATE Y N

STABLE WEIGHT Y N

HOW WAS THIS MONTH?



Thank you for supporting Canadian women living with, or at risk of, Heart Disease or Heart Failure.



FB Support Community 2017

www.LifeInHearts.ca



It's About Life!

Support - Education - Advocacy

www.HeartLife.ca