

# PHA'S EMPOWERED PATIENT ONLINE TOOLKIT



## WEEKLY SYMPTOM TRACKER

Use this worksheet to make notes about any symptoms or weight fluctuation you may experience between doctors' visits. Make sure you share this information with your healthcare provider. Together, you can review your progress and make sure you're getting the most out of your treatment plan.

**If you experience any unexpected weight gain or worsening of symptoms, contact your pulmonary hypertension team immediately.**

For the week of: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Day	Symptoms (swelling, shortness of breath, etc.)	How much did these symptoms bother you?	What foods did you eat today?	What fluids did you drink today?	Weight
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

QUESTIONS AND NOTES