

Heart-Health Intuition Checklist

A simple, doctor-informed tool to help you notice signals, track habits, and know when to check in with your care team.

1. Daily Body Signals

<input type="checkbox"/> Shortness of breath	<input type="checkbox"/> Chest discomfort
<input type="checkbox"/> Unusual fatigue	<input type="checkbox"/> Dizziness or lightheadedness
<input type="checkbox"/> Heart racing or fluttering	<input type="checkbox"/> Swelling in feet or ankles

Notes:

2. Lifestyle & Habits Check-in

<input type="checkbox"/> Taking medications as prescribed	<input type="checkbox"/> Monitoring BP / blood sugar
<input type="checkbox"/> Regular movement	<input type="checkbox"/> Heart-supportive nutrition
<input type="checkbox"/> Managing stress	<input type="checkbox"/> Prioritizing sleep

One habit I feel confident about:

One habit I want support improving:

3. Stress & Emotional Health

<input type="checkbox"/> Increased stress	<input type="checkbox"/> Anxiety or overwhelm
<input type="checkbox"/> Poor sleep	<input type="checkbox"/> Appetite changes

What's been weighing on me lately:

4. When to Reach Out

<input type="checkbox"/> Symptoms are new or worsening
<input type="checkbox"/> Chest discomfort with activity
<input type="checkbox"/> Shortness of breath limits daily tasks
<input type="checkbox"/> Unsure if symptoms are normal

My Next Step:

- Monitor and bring to next visit
- Schedule an appointment
- Learn about Chronic Care Management