

Heart Failure Weekly Sodium Tracker

_____, 20____
Month Year



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

Instructions

- Fill in the month, year and calendar days.
- **Your goal is 2,000 milligrams (mg) of sodium or less each day.** When eating, write down the food and the amount of sodium (mg), so you can keep track of your daily sodium total. If you have more sodium at one meal, have less the rest of the day.
- Remember to control fluids.
- Keep track of how you feel after eating. Sodium can affect signs of heart failure.

	Breakfast	Lunch	Dinner	Snacks	Total
Monday _____					
Tuesday _____					
Wednesday _____					
Thursday _____					
Friday _____					
Saturday _____					
Sunday _____					