

PRINTABLE FLOW TOOL

Flow Tool 8: The 90-Day Flow Dashboard



PRINTABLE
VERSION

Track only what you and your clinician decide is useful.

Choose a few measures that can guide a decision. Your plan may change as recovery and treatment change.

METRIC	STARTING POINT	MY AGREED GOAL OR PLAN	REVIEW
Symptoms / function	_____	_____	_____
Blood pressure	_____	_____	_____
Lipid or other lab	_____	_____	_____
Movement / rehab	_____	_____	_____
Sleep / apnea plan	_____	_____	_____
Medication routine	_____	_____	_____
Follow-up	_____	_____	_____
Another measure	_____	_____	_____

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Track only what matters. Bring this dashboard to your review and ask what should stay, change, or stop.

Complete only what applies. Use clinician-set goals and review patterns, not isolated readings.

Review date: _____

What continues:

What changes:

What needs attention now:

Next review and what should happen before it:

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Questions for the 90-Day Review

Medicine is not being taken consistently

Is the problem cost, side effects, confusion, schedule, access, or something else that can be solved?

Taken consistently, but the result remains off target

Does the dose, medicine, diagnosis, or goal need to change?

Side effects develop or a blood-test result becomes concerning

Does treatment need prompt adjustment, further testing, or a different option?

Symptoms persist despite an improved number

Have we treated a risk marker without explaining the symptom?

Function is declining

Does the diagnosis, rehabilitation plan, rhythm, heart function, anemia, lung disease, sleep, or mood need review?

Set goals, safe ranges, and timing with your clinician. Follow any heart-failure daily-weight plan. Do not change medicines or activity limits based on this page alone. New, worsening, or severe symptoms should not wait for the review date.