

Questions on Salt Consumption

We would like you to answer some questions on salt consumption.

Please answer the questions honestly, as this will help us to provide information which suits your own specific needs.

To continue, press 

Questions on Salt Consumption

I eat a low salt diet:

- Everyday
- Most days
- Some days
- Every week
- Never

Questions on Salt Consumption

I read the label information on food packages to know their salt (sodium) content:

- Always
- Often
- Sometimes
- Hardly ever
- Never

Questions on Salt Consumption

It is very good that you eat a low salt diet. In this way you are helping to keep your heart condition under control.

Some food items, such as canned soups, contain "hidden" salt. It is therefore important to read food labels too.

To continue, press 

Questions on Salt Consumption

We would like to ask you one more question on low salt diet.

If you are unsure of the answer, simply select the option 'I don't know'.

To continue, press 

Questions on Salt Consumption

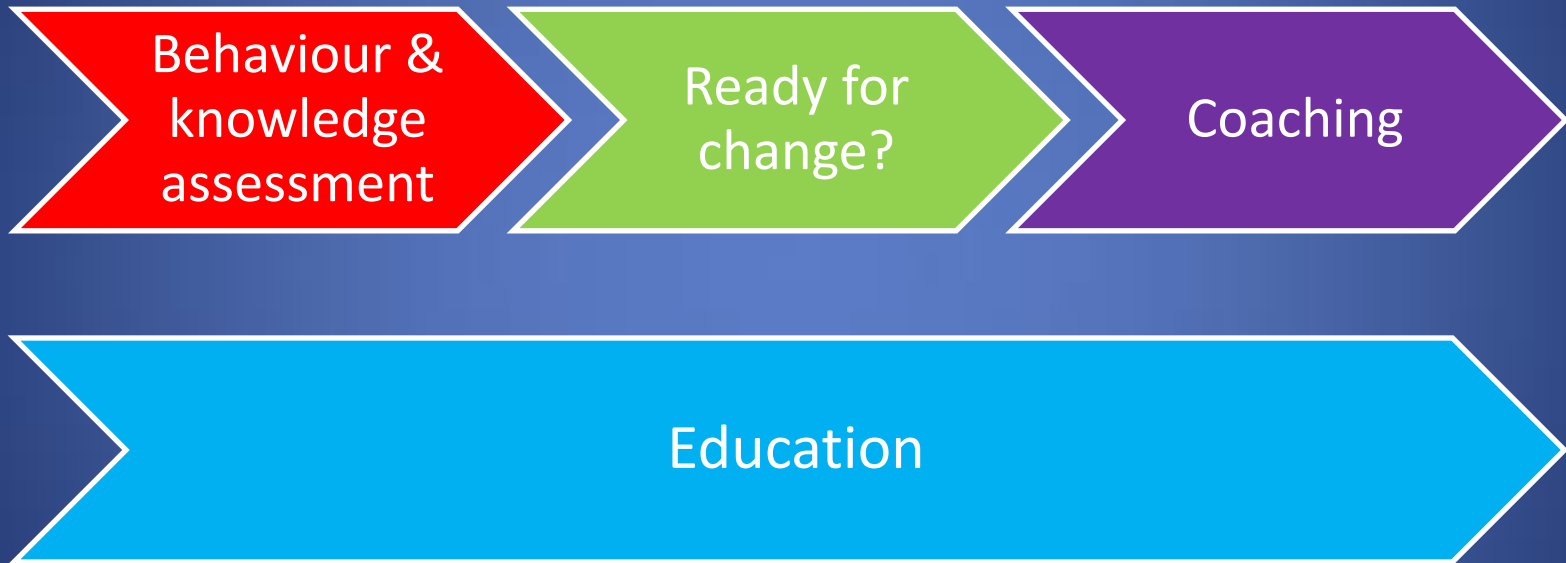
Why should someone with heart failure follow a low salt diet?

- Salt increases fluid retention
- Salt interferes with my medication
- Salt makes me feel more tired
- I don't know

Questions on Salt Consumption

Actually, salt can upset the body's fluid balance causing it to retain more fluid. This means that your heart will have to work harder.

To continue, press



Physical Activity - Importance and Confidence

We would like you to answer 2 questions about physical activity.

Please answer the questions honestly, as this will help us to provide information which suits your own specific needs.

To continue, press 

Physical Activity - Importance and Confidence

How important do you think it is for you to be physically active?

1 - not important at all

2 - not so important

3 - neutral

4 - important

5 -very important

Physical Activity - Importance and Confidence

How confident are you that you can lead a physically active life?

1 - not confident at all

2 - not so confident

3 - neutral

4 - confident

5 -very confident

Review of Physical Activity

Myth 2:

"There is no point in being physically active. It's too late if you have heart failure."

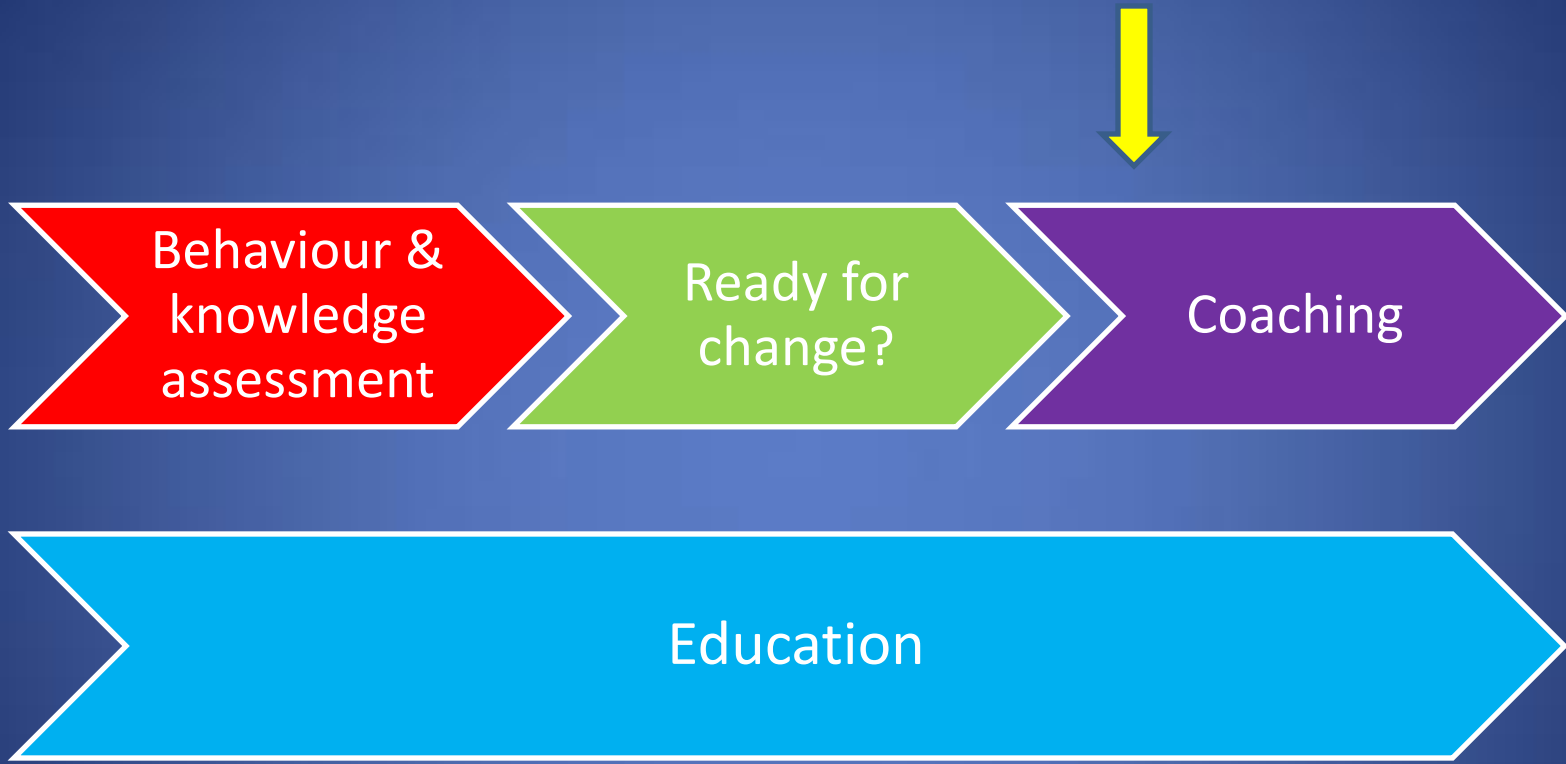
To continue, press 

Review of Physical Activity

Truth — There are many benefits to remaining active, even if you've already got heart failure.

It can strengthen your heart, help reduce risk factors and generally make you feel better.

To continue, press 



Goal Setting for Physical Activity

We will now help you to set goals for physical activity.

Think of activities you would like to do next week (e.g. walking, cycling, dancing, swimming,...).

To continue, press 

Goal Setting for Physical Activity

Please enter the target number of days per week and target number of minutes per day which would be fairly easy for you to do these activities.

To continue, press 

Goal Setting for Physical Activity

How many days do you want to do your chosen physical activities next week?

1 day

2 days

3 days

4 days

5 days

6 days

7 days

Goal Setting for Physical Activity

How many minutes do you want to do your chosen physical activities on these days?

15 min or less

15-30 min

30-45 min

45-60 min

60 min or more

Diary for Physical Activity

How many minutes have you been active today?

I have not been active today

15 min or less

15-30 min

30-45 min

45-60 min

60 min or more

Diary for Physical Activity

Please rate the effort of this activity.

Too easy

Fairly easy

Just right

Fairly hard

Too hard

Feedback on Physical Activity

Well done! Last week you reached your target number of days and minutes.

Based on your effort rating, we conclude that the activity was 'easy' for you.

Please now set your goal for this week such that it becomes 'just right'.

To continue, press 