

# EMERGENCY HEART RATE LOG

Ref: HR-LOG-2024

Name: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_  
Physician: \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_

DATE	TIME	BPM	ACTIVITY LEVEL	SYMPTOMS / NOTES
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**Emergency Indicators:** If heart rate exceeds 120 BPM at rest or falls below 50 BPM while symptomatic (dizziness, chest pain, shortness of breath), contact emergency services immediately.

*Disclaimer: This log is for personal tracking only and does not replace professional medical advice.*