

PULSE MONITORING LOG

Month/Year: _____

Name: _____

Target Heart Rate: _____ bpm

| DATE | TIME | RESTING BPM | ACTIVITY BPM | NOTES (MEDICATION, STRESS, CAFFEINE) |
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|------|------|-------------|--------------|--------------------------------------|
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Instructions: Measure pulse for 60 seconds (or 30 seconds x 2). Record readings at the same time each day for consistency.

* If pulse is consistently outside your target range, consult a healthcare professional.