

# HEART RATE LOG

CLINICAL RECORD / VITAL SIGNS

MONTH/YEAR: \_\_\_\_\_

PATIENT NAME  
DATE OF BIRTH  
ID NUMBER

DATE	TIME	BPM (RESTING)	ACTIVITY LEVEL	NOTES (SYMPTOMS, MEDICATION, STRESS)
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**Reference Ranges (Adult):**

Normal: 60 - 100 BPM

Bradycardia: < 60 BPM

Tachycardia: > 100 BPM

**Instructions:**

1. Sit quietly for 5 minutes before measuring.
2. Use a pulse oximeter or manual radial pulse.
3. Note any chest pain, dizziness, or palpitations.

This log is for tracking purposes only. Seek immediate medical attention for heart rates over 120 BPM while resting or if experiencing severe chest pain.