

# MORNING HEART RATE LOG

Name:

Month/Year:

<b>DATE</b>	<b>TIME</b>	<b>BPM (RESTING)</b>	<b>FEELING / OBSERVATIONS</b>
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<b>DATE</b>	<b>TIME</b>	<b>BPM (RESTING)</b>	<b>FEELING / OBSERVATIONS</b>
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Monthly Summary & Professional Medical Advice Notes: