

Heart Palpitation Pattern Tracker™

Record what you felt, when it happened and what was going on around it.



Palpitations can have many possible causes. This tracker cannot identify the cause, but it can help you describe a pattern more clearly to your healthcare provider.

What Did It Feel Like?

- | | |
|-------------------------------------|--|
| ☐ Racing | ☐ Skipped beats |
| ☐ Pounding | ☐ Irregular |
| ☐ Fluttering | ☐ Other: _____ |

Episode	Date & Time	What I Felt	How Long?	Pulse, if checked	What Was Happening?
Episode 1				bpm	
Episode 2				bpm	
Episode 3				bpm	
Episode 4				bpm	
Episode 5				bpm	
Episode 6				bpm	



Possible Context

- ☐ Resting or lying down
- ☐ Exercise or exertion
- ☐ After eating
- ☐ Caffeine or alcohol
- ☐ Stress or strong emotion
- ☐ Hot flash or night sweat
- ☐ Poor sleep
- ☐ New or changed medicine or supplement



Symptoms With the Episode

- ☐ None
- ☐ Light-headedness
- ☐ Shortness of breath
- ☐ Chest discomfort
- ☐ Weakness
- ☐ Sweating or nausea
- ☐ Fainting or nearly fainting
- ☐ Other: _____



Patterns I Notice

Episodes happen most often: _____

They seem to last: _____

What I want to ask my healthcare provider: _____



Arrange Medical Follow-Up

Discuss palpitations that are new, recurring, worsening, prolonged or associated with exercise, medication changes or other symptoms.

Get Emergency Help



Call 911 for palpitations with chest pressure or pain, severe shortness of breath, fainting, new weakness or other severe or rapidly worsening symptoms.

Gentle Reminder



Menopause may coincide with palpitations, but new or changing symptoms should not automatically be blamed on hormones.

Martine's Midlife Wellness Tip

If it is safe, note your pulse and what the rhythm feels like during an episode. Do not delay getting help to complete the tracker.