
Resting Pulse and Episode Log

Use this if you often get palpitations or a racing heart (Chapter 3).
Resting pulse on three mornings (right after waking, before coffee, sit still for a minute, count for 30 seconds and double it)

Morning 1	Morning 2	Morning 3

Episode log

When	How long	Start and end:	Rate, regular or not?	Doing, just drunk	Chest pain, breathless, dizzy?
		gradual or sudden?			

If there was chest pain, breathlessness, dizziness or fainting: see When to Call Emergency Services.