

# AFib Symptom Tracker

Date Symptoms Tracked \_\_\_\_\_

Next Date to Track Symptoms \_\_\_\_\_



Irregular Heartbeats

- 1** Do you have pounding or racing heartbeats?  
never    occasionally    often    always
- 2** Does physical activity lead to irregular heartbeats?  
never    occasionally    often    always
- 3** Do you have irregular or uncomfortable heartbeats or palpitations?  
never    occasionally    often    always
- 4** Do you feel anxious with racing heartbeats or palpitations?  
never    occasionally    often    always



Short of Breath

- 1** Are you short of breath during normal activities?  
never    occasionally    often    always
- 2** Are you short of breath when lying down?  
never    occasionally    often    always
- 3** Are you more easily tired than you used to be?  
never    occasionally    often    always



Lightheaded

- 1** Are you concerned that you may pass out or faint?  
never    occasionally    often    always
- 2** Do you feel dizzy?  
never    occasionally    often    always
- 3** Do you feel lightheaded when you get up?  
never    occasionally    often    always

Atrial fibrillation (AFib) may have

- no symptoms
- symptoms that come and go
- symptoms that may change over time

Symptoms aren't the only important clue for evaluating and managing AFib. It is important to discuss any changes in symptoms with your health care professional.

If you answered "occasionally" or "often" to any of the above questions, how often do you experience this?

- |                     |                      |
|---------------------|----------------------|
| daily               | probably every month |
| probably every week | once or twice a year |

**Write in:** What specific activities cause you to feel winded or short of breath?

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If you answered "occasionally" or "often" to any of the above questions, to what degree does it disrupt what you're doing when it occurs?

- |                     |                              |
|---------------------|------------------------------|
| I barely notice it  | I need to stop to address it |
| I pause momentarily |                              |

**Write in:** What type of activities cause you to become physically tired?

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