

Heart Arrhythmia Symptom Tracker



Sometimes symptoms of heart arrhythmias (fast heart rates, fluttering or pounding in your chest) can change or get worse without you noticing. Heart arrhythmias can be serious, so it's important to keep track of symptoms and mention them when you see your doctor.

Use the questions below to assess your symptoms. You can print out this sheet and use it to keep a record of how you have been feeling. Bring it with you to your next appointment so you can discuss the results with your doctor.



I feel fluttering in my chest

(Rarely / Sometimes / Most of the time / All of the time)



I feel like my heartbeat is racing

(Rarely / Sometimes / Most of the time / All of the time)



I feel like my heartbeat is slower than normal

(Rarely / Sometimes / Most of the time / All of the time)



**I feel like my heart has paused between beats,
or skipped a beat**

(Rarely / Sometimes / Often / Very often)



**I feel tired and don't have the energy to do things I
used to enjoy**

(Rarely / Sometimes / Most of the time / All of the time)

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At times I feel short of breath

(Rarely / Sometimes / Most of the time / All of the time)



I feel dizzy or lightheaded

(Rarely / Sometimes / Most of the time / All of the time)



I notice my feet or ankles are swollen

(Rarely / Sometimes / Most of the time / All of the time)



I have fainted or felt like I was going to faint

(Rarely / Sometimes / Often / Very often)

If you experience any of the symptoms below at the same time as feeling like you have a heartbeat that is too fast, too slow or irregular, call an ambulance or get someone to take you to the closest hospital emergency department:

- Chest pain
- Weakness
- Shortness of breath
- Light-headedness, dizziness or fainting