

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

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.



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

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?



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

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?
