

Your Heart Attack Recovery Worksheet

Use this sheet to track important health information to share with your doctor.
 Print or copy this and use it weekly.

HAVE YOU FELT ANY PAIN?

What kind/where/when

Call 911 if you have:

- Pain, pressure, or tightness in the center of your chest
- Pain in your shoulders, back, neck, or jaw.
- Shortness of breath, dizziness, nausea, vomiting, or a cold sweat

Did you take your medicine?

It's important to take any medication as prescribed. Write each of your medicines in the chart below, and check the box when you've taken your daily dose.
 If side effects bother you, ask your doctor what you can do (but don't stop taking your meds).

Day					
M					
T					
W					
T					
F					
S					
S					

ARE YOU HAVING ANY SIDE EFFECTS?

Track Your Numbers

Checking your blood pressure and heart rate can help you see if these readings are trending in the right direction. Ask your doctor what your numbers should be and how often to track them.

Day	Time	Blood Pressure	Heart Rate
M			
T			
W			
T			
F			
S			
S			

Stay Physically Active

Don't avoid exercise, it's an important part of your recovery. You can learn safe ways to be active in cardiac rehabilitation, or ask your doctor.

Day	Minutes	Activity	How did it feel?
M			
T			
W			
T			
F			
S			
S			