

AFib Symptom Tracker

Atrial fibrillation (AFib) may have no symptoms, or symptoms may worsen over time.

Date Symptoms Checked

Next Checkup Date (6 mos)



Unusual Heartbeats

- 1 Do you have pounding or racing heartbeats?
never occasionally often always
- 2 Does physical activity lead to unusual heart rhythms?
never occasionally often always
- 3 Do you have unusual 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

Symptoms aren't the only important clue for evaluating and managing AFib. But it's still 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 frequently 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?

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?