

AFib symptom diary

If you have atrial fibrillation, also called AFib, it can be helpful to write down when you feel your heart quivering, or beating fast or unevenly, as well as any other symptoms you have and for how long.

Some people can feel when they are “in AFib,” but others may not.

Use this worksheet to write down your symptoms and when they happen. Share it with your health care team.

Name: _____

Common symptoms

- Heart palpitations (your heart may feel like it’s flip-flopping, racing, beating harder, though not everyone feels this)
- Feeling very tired
- Being short of breath
- Chest pain or discomfort
- Dizziness
- Feeling faint, lightheaded

Date	Time	Describe your symptoms, how you felt	What you were doing at the time or just before	Other notes (for example, how long it lasted)
4/21/22	8:00 a.m.	<i>Heart started flip-flopping, felt dizzy and needed to sit down</i>	<i>Making the bed after climbing one flight of stairs</i>	<i>Felt better within 30 minutes</i>

