

Low Pulse Rate Chart

Patient Information

- Name: _____
- Date of Birth: _____
- Gender: _____
- Medical History: _____
- Current Medications: _____

Resting Heart Rate Monitoring

- Date/Time: _____
- Resting Heart Rate (BPM): _____

Chart Interpretation

- **Age Group**

- 18-30 years
- 31-40 years
- 41-50 years
- 51-60 years
- 61+ years

- **Results**

- Normal (60-100 BPM)
- Below Normal (<60 BPM)
- Consistently Elevated (>100 BPM)
- Irregular

Clinical Assessment

- **Symptoms**

- Dizziness

- Fainting
- Fatigue
- Other (Specify): _____

- **Fitness Level**

- Sedentary
- Mildly Active
- Moderately Active
- Highly Active/Athlete

Recommendations

- A follow-up appointment is recommended.
- Further cardiac evaluation is required.
- Lifestyle modification suggestions: Encourage regular aerobic exercise.
- Referral to Cardiologist.

Educational Resources

- Provide the patient with information on normal heart rates by age.
- Discuss the significance of resting heart rate in overall health.

Follow-up Plan

- **Next Appointment Date:** _____
- **Recommended Monitoring Frequency:** _____