

Pregnancy Resting Heart Rate Chart

Patient Name: _____

Date of Birth: _____

Estimated Due Date: _____

First Trimester (Weeks 1-12)

Week of Pregnancy	Normal Range (beats per minute)	Recorded Heart Rate	Date of Measurement	Notes/ Observations
1-4	60-80			
5-8	70-85			
9-12	70-90			

Second Trimester (Weeks 13-26)

Week of Pregnancy	Normal Range (beats per minute)	Recorded Heart Rate	Date of Measurement	Notes/ Observations
13-16	63.1 to 105.2			
17-20	67.4 to 112.5			
21-26	67.4 to 112.5			

Third Trimester (Weeks 27-40)

Week of Pregnancy	Normal Range (beats per minute)	Recorded Heart Rate	Date of Measurement	Notes/ Observations
27-30	64.5 to 113.8			
31-34	64.5 to 113.8			
35-40	64.5 to 113.8			