## Pulse Rate During Pregnancy Chart

Patient Name: Jane Doe
DOB: 03/15/1985
Address: 123 Main Street, Cityville, State, Zip Code
Contact Number: (555) 123-4567

## Instructions

1. Record your resting pulse rate once daily, preferably in the morning before any physical activity.
2. Note the date and time of each measurement.
3. Please use this chart throughout your pregnancy for continuous monitoring.

| Date | Time | Resting Pulse Rate (bpm) |
| :--- | :--- | :--- |
| 04/01/2023 | $08: 00 \mathrm{AM}$ | 78 |
| 05/01/2023 | $09: 30 \mathrm{AM}$ | 82 |
| $06 / 01 / 2023$ | $07: 45 \mathrm{AM}$ | 76 |
| $07 / 01 / 2023$ | $10: 15 \mathrm{AM}$ | 85 |
| $08 / 01 / 2023$ | $08: 30 \mathrm{AM}$ | 80 |
| $09 / 01 / 2023$ | $09: 00 \mathrm{AM}$ | 77 |
| $10 / 01 / 2023$ | $08: 45 \mathrm{AM}$ | 81 |
| $11 / 01 / 2023$ | $09: 30 \mathrm{AM}$ | 79 |
| $12 / 01 / 2023$ | $08: 15 \mathrm{AM}$ | 83 |
| $01 / 01 / 2024$ | $09: 00 \mathrm{AM}$ | 86 |

## Interpretation

The patient's resting pulse rate generally falls within the normal range for pregnancy, which is between 60 and 100 beats per minute.

There is a slight fluctuation in readings but no consistent deviations outside the normal range.
Continue monitoring and bring this chart to your next prenatal appointment for further discussion.

## Additional Notes

Stay hydrated and maintain a balanced diet to support cardiovascular health.
Avoid excessive caffeine intake and strenuous physical activity before recording your pulse rate.
If you notice any persistent changes or have concerns, please contact our office at (555) 789-0123.

Healthcare Provider's Signature: Dr. John Smith
Date: 04/15/2023

