

Pulse Rate During Pregnancy Chart

Patient name: _____ Date of birth: _____

Address: _____ Contact number: _____

As cardiac output increases, the heart rate at rest speeds up from a normal pre-pregnancy rate of about **70 beats per minute to as high as 90 beats per minute.**

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)

Interpretation

Additional notes

Healthcare provider's signature: _____ Date: _____

Reference

Artal-Mittelmark, R. (2019). *Physical changes during pregnancy*. MSD Manual.
<https://www.msmanuals.com/home/women-s-health-issues/normal-pregnancy/physical-changes-during-pregnancy>.