## Women's Pulse Rate Chart

## Personal Information

Name: Jane Doe
Date of Birth: 04/12/1985
Current Date: 10/15/2023

## Pulse Rate Measurement Instructions

1. Find your pulse on your wrist or neck.
2. Count the beats for 60 seconds or count for 30 seconds and multiply by 2 .
3. Record your pulse rate in beats per minute.

## Pulse Rate Record

- Date: $10 / 10 / 2023$ $\qquad$ Pulse Rate (beats/min): 72
- Date: $10 / 11 / 2023$

Time: 08:00 AM
Pulse Rate (beats/min): 74

- Date: $10 / 12 / 2023$ Time: 08:00 AM

Pulse Rate (beats/min): 70

- Date: $10 / 13 / 2023$ $\qquad$ Pulse Rate (beats/min): 68
- Date: $10 / 14 / 2023$

Time: 08:00 AM
Pulse Rate (beats/min): 73

## Reference Norms for Pulse Rate by Age Group

| Age Group | Normal Resting Pulse Rate (beats/min) |
| :--- | :--- |
| $18-29$ | $60-90$ |
| $30-39$ | $60-90$ |
| $40-49$ | $60-90$ |
| $50-59$ | $60-90$ |
| $60+$ | $60-90$ |

Note: These values are general guidelines. Individual variations may occur.

## Analysis Section

- Compare your recorded pulse rates with the reference norms.

The recorded pulse rates fall within the normal range for my age group (30-39), indicating good heart health and no significant deviations.

- Note any significant deviations and patterns.

No significant deviations or unusual patterns observed in the recorded pulse rates.

## Consultation Notes:

Continue monitoring and maintaining a healthy lifestyle. Reassess if any significant changes in pulse rate occur.

Disclaimer: This chart is intended for monitoring and informational purposes only and not for selfdiagnosis. Consult a healthcare professional for medical advice.

