

# Women's Pulse Rate Chart

## Personal Information

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Current Date: \_\_\_\_\_

## 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: \_\_\_\_\_ Time: \_\_\_\_\_ Pulse Rate (beats/min): \_\_\_\_\_
- Date: \_\_\_\_\_ Time: \_\_\_\_\_ Pulse Rate (beats/min): \_\_\_\_\_
- Date: \_\_\_\_\_ Time: \_\_\_\_\_ Pulse Rate (beats/min): \_\_\_\_\_
- Date: \_\_\_\_\_ Time: \_\_\_\_\_ Pulse Rate (beats/min): \_\_\_\_\_
- Date: \_\_\_\_\_ Time: \_\_\_\_\_ Pulse Rate (beats/min): \_\_\_\_\_

## 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.
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- Note any significant deviations and patterns.
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## Consultation Notes:

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