Patient Name			
Date	**Time**	**Activity**	**Symptoms**

SPECIALIST MEDICINE
TOOWOOMBA

Holter Monitor Diary

While you are being monitored by a Holter monitor, it is important to keep a diary of your activities and symptoms during the test. It's important to keep an accurate diary. If you feel symptoms such as chest pain, shortness of breath, uneven heartbeats or dizziness, note in your diary the time of day they began and what you were doing. Your diary will be compared to the changes in your ECG recorded by the Holter monitor.

Below is a sample of a completed Holter monitor diary. Remember that your doctor needs a complete picture of your activities. If in doubt, write it down.

Use the following diary to record all your daily activities:

- **Your activities** – Sitting, walking, strenuous exercise, eating, any other activity, taking medications, etc.
- **Your symptoms** – Chest pain, back pain, dizziness, nausea, other pain – whether you feel they are important or not.
- **Time of day** – Write the time of day for every activity or symptom that you write on the diary.

Date	Time	Activity	Symptoms
October 3	*9:20am*	*Climb Stairs*	*Short of Breath*
	10:30am	*Reading*	
EXAMPLE	*12:00noon*	*Lunch*	*Palpitations*
	1:35pm	*Sleep*	*Nausea*
	5:30pm	*Exercise*	*Jaw Pain*
	7:40 pm	*Reading*	
	10:00pm	*Sleep*	

Patient Name			
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