Atrial Fibrillation Episode Tracker



Atrial Fibrillation (AFib) can be a very scary disease because episodes may happen at any time. Use this AFib Episode Tracker to log your episodes. You can even share this with your doctor to initiate conversation around deciding the best treatment option for you.

Date/Time Start	Date/Time End	Symptoms	Heart rate	Trigger

Having just one AFib episode is enough to warrant a conversation with a doctor. Talk with a heart rhythm specialist, or Electrophysiologist (EP) about treatment options for AFib.

