Holter Monitor Event Log

Your healthcare provider has requested that you wear a Holter Monitor. While you are being monitored by a Holter Monitor, it is important that you keep an accurate diary of your symptoms and activities during this test.

If you feel symptoms such as Chest Pain, Shortness of Breath, Palpitations, Irregular Heartbeats or Dizziness, make a note in your diary the time of day your symptoms began and what you were doing at the time.

- **Time of Day:** Write down the time of day for every activity or symptom
- **Activity:** Sitting, Walking, Strenuous Exercise, Eating, Taking Medications, etc.
- **Your Symptoms:** Chest Pain, Back Pain, Dizziness, Nausea, Any Other Pain

DATE	TIME	ACTIVITY	SYMPTOMS