My Angina Log

American Heart Association | American Stroke Association

Instructions:

- On days you have angina, fill in the date and the number of times you had angina that day.
- Write down what triggered your angina, if anything. Common triggers are: exercise, emotions, eating a large meal, and going out in cold weather. If there was no trigger, write "no trigger."
- Use a scale of 1 to 4 to rate your pain or discomfort: 1 = mild, 2 = somewhat strong, 3 = severe and 4 = very severe.
- Note how long the angina lasted, and what you did for it (such as "rest" or "take nitroglycerin").
- Take this sheet with you and show it to your doctor at each visit.

Name_____

ANGINA LOG					
Date	**Number of Angina Attacks**	**Trigger**	**Rating (1-4)**	**How Long It Lasted**	**What You Did For It**

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