

Pregnancy Resting Heart Rate Chart

Patient Name: _____ Date of Birth: _____ dd / mm / yyyy

Estimated Due Date: _____ dd / mm / yyyy

FIRST TRIMESTER (WEEKS 1-12)

Week 1-4 Recorded Heart Rate (Normal Range: 60-80 bpm):

Week 1-4 Date of Measurement: _____ dd / mm / yyyy

Week 1-4 Notes/Observations

Week 5-8 Recorded Heart Rate (Normal Range: 70-85 bpm):

Week 5-8 Date of Measurement: _____ dd / mm / yyyy

Week 5-8 Notes/Observations

Week 9-12 Recorded Heart Rate (Normal Range: 70-90 bpm):

Week 9-12 Date of Measurement: _____ dd / mm / yyyy

Week 9-12 Notes/Observations

SECOND TRIMESTER (WEEKS 13-26)

Week 13-16 Recorded Heart Rate (Normal Range: 63.1-105.2 bpm):

Week 13-16 Date of Measurement: _____ dd / mm / yyyy

Week 13-16 Notes/Observations

Week 17-20 Recorded Heart Rate (Normal Range: 67.4-112.5 bpm):

Week 17-20 Date of Measurement: _____ dd / mm / yyyy

Week 17-20 Notes/Observations

Week 21-26 Recorded Heart Rate (Normal Range: 67.4-112.5 bpm):

Week 21-26 Date of Measurement: _____ dd / mm / yyyy

Week 21-26 Notes/Observations

THIRD TRIMESTER (WEEKS 27-40)

Week 27-30 Recorded Heart Rate (Normal Range: 64.5-113.8 bpm):

Week 27-30 Date of Measurement: _____ dd / mm / yyyy

Week 27-30 Notes/Observations

Week 31-34 Recorded Heart Rate (Normal Range: 64.5-113.8 bpm):

Week 31-34 Date of Measurement: _____ dd / mm / yyyy

Week 31-34 Notes/Observations

Week 35-40 Recorded Heart Rate (Normal Range: 64.5-113.8 bpm):

Week 35-40 Date of Measurement: _____ dd / mm / yyyy

Week 35-40 Notes/Observations