








Today's PPCM Wellness Check-in


A daily tracker for heart, body, and mind.

1 How do I feel today?    

 My physical symptoms today:

- ☐ Fatigue
- ☐ Shortness
- ☐ Swelling (feet, legs or hands)
- ☐ Chest discomfort
- ☐ Palpitations
- ☐ Dizziness/lightheadedness
- ☐ Cough

☐ Other: _____

 My emotional state in one word:



Meds taken?

☐ Yes ☐ No

Notes: _____



Water intake:



Notes or concerns I want to ask my doctor:



One thing I'm grateful for today:

Disclaimer: This tracker is for personal use only and does not replace medical advice.

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