



Today's PPCM Wellness Check-in

A daily tracker for heart, body, and mind.

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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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