

Describe your symptoms

Seven questions for your next visit. Use your own words; "not sure" is okay.

Possible heart attack? Call 911, even if you are unsure.

Do not drive yourself or delay help to fill this in. Symptoms can be mild or come and go.

Use one sheet per symptom. Type in the boxes or write by hand. Add extra pages if needed.

1. Where do you feel it?

Point to the spot or area. Does it move into your arm, jaw, back or elsewhere?

2. When did it start?

Sudden or gradual? What were you doing? Have you had it before? Is this different?

3. What does it feel like?

Pressure, tightness, burning, aching, stabbing or another feeling?

4. What is the pattern?

How long does it last? How often? Constant, coming and going, or changing?

5. What makes it better or worse?

Activity, meals, position or deep breaths? What have you tried, and did it help?

6. How much does it affect you?

0 = no discomfort; 10 = worst imaginable. What is harder to do or interrupts sleep?

7. What else happens with it?

Breathlessness, sweating, nausea, dizziness, weakness, a racing heart or other changes?

Your description helps guide care. This sheet cannot diagnose the cause or rule out a heart problem.

Lisa Zahakos, RPA-C | heartreserve.blog/worksheets/describe-symptoms

Sources: NIH (describing pain and symptoms); American Heart Association (heart attack warning signs).

Sources checked October 7, 2026. Keep your completed copy private.