

Angina Journal

Date & time	What do you think triggered the angina?	Rate from 1 to 10	Describe the feelings of discomfort, where in your body and how long did your symptoms last?	What did you do to ease your symptoms and discomfort?
18/11/2020 at 3pm	For example: Cold weather, after or during exercise, taking the stairs, after a big meal?	1 = mild to 10 = severe	For example: Stabbing pain, middle of chest for 10 minutes. You can refer to your symptom word bank checker on the previous page.	For example: Stopped and rested. Used GTN spray, nitro-glycerine tablet?