



American Heart Association | American Stroke Association®

life is why™

- On days you have angina, fill in the date and the number of times you had angina that day.
- Write down what triggered your angina, if anything. Common triggers are: exercise, emotions, eating a large meal, and going out in cold weather. If there was no trigger, write “no trigger.”
- Use a scale of 1 to 4 to rate your pain or discomfort: 1 = mild, 2 = somewhat strong, 3 = severe and 4 = very severe.
- Note how long the angina lasted, and what you did for it (such as “rest” or “take nitroglycerin”).
- Take this sheet with you and show it to your doctor at each visit.

[illegible]