DATE	TIME	BLOOD PRESSURE	ТЕМР.	PULSE	RESP. RATE	PHYSICAL ACTIVITY	WEIGHT	OTHER	NOTES

FOR TRACKING VITAL SIGNS

- Record around the same time every day.
- For most accurate readings, rest for at least 5 minutes before taking vital signs.
- Bring this tracking sheet to your next doctor visit.

Targets FOR VITAL SIGNS

- BLOOD PRESSURE: ideally < 120/80 mmHg.
- TEMPERATURE: typically 97 to 99 degrees Fahrenheit.
- PULSE: resting rate 60 to 100 beats per minute.
- RESPIRATION RATE: resting rate 12 to 20 breaths per minute.
- PHYSICAL ACTIVITY: 150 minutes of moderate activity per week, or as active as abilities/conditions allow.

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