

Use our Vital Signs Tracker to track your body's most basic functions. Creating this record can help detect or monitor medical conditions. By regularly tracking your vital signs, you can understand what "normal" means for your body.



## TEMPERATURE

Typical body temperature for a healthy adult can range from 97.8 degrees F to 99 degrees F. Many factors can impact your body temperature including time of day, recent activity, and, in women, the stage of the menstrual cycle.



## BLOOD PRESSURE

Your blood pressure represents the force at which blood is pushing against the walls of your arteries while your heart contracts and relaxes. A blood pressure monitor is required to receive an accurate blood pressure reading. When measuring blood pressure, two numbers are recorded. The higher number represents systolic blood pressure, which is the pressure inside the artery when the heart is contracting. The lower number represents diastolic blood pressure, which is the pressure in the artery when the heart is relaxed, between contractions. Checking your blood pressure at home allows you to observe how your blood pressure changes throughout the day. If you require medication, monitoring these numbers can determine how effective it is.

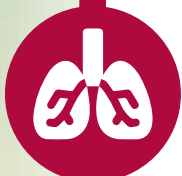
### THE 5 STAGES OF BLOOD PRESSURE

Level	Systolic upper number	mm HG	Diastolic lower number
1 normal	below 120	and	below 80
2 elevated	120-129	and	below 80
3 high blood pressure STAGE 1	130-139	or	80-89
4 high blood pressure STAGE 2	140 or higher	or	90 or higher
5 hypertensive crisis	above 180	and/or	above 120



## HEART RATE

Heart rate, or pulse, is a measurement of how many time the heart beats in a minute. You can check your heart rate by pressing firmly but gently on the side of your neck or wrist until you feel a pulse. Next, count your pulse for 60 seconds or for 15 seconds and then multiply times four. Try to remain relaxed while counting for the most accurate result. For most adults, between 60 and 100 beats per minute (bpm) is normal.









## RESPIRATION RATE

The respiration rate is the number of breaths a person takes per minute. This number should be recorded when a person is at rest. Normal respiration rates for a healthy adult range from 12-16 breaths per minute.

Remember that vitals can vary from person to person. Please contact your doctor with any questions or concerns regarding your vital signs.

*You are never too young and it's never too late to start living heart healthy*

 DATE	 TIME	 TEMP	 B.P.	 HEART RATE	 RESP RATE
	am		/		
	pm		/		
	am		/		
	pm		/		
	am		/		
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