DAILY VITALS LOG

INSTRUCTIONS:

As part of your care plan with Oracle Heart & Vascular, please start logging your vitals regularly.

For the most accurate results, we recommend using arm blood pressure monitors rather than wrist monitors. Omron has been a reliable and recommended brand.

When taking your blood pressure, sit comfortably with both feet flat on the floor.

To make logging easier, we've included some suggested symptom and action codes below. Feel free to use these in the Notes section of the chart.

MONTH: _____

YEAR: _____

Date	Time	Blood Pressure		Heart Rate	Oxygen Level	Weight	Notes
	: AM PM	Systolic	Diastolic				
	: AM PM						
	: AM PM						
	: AM PM						
	: AM PM						
	: AM PM						
	: AM PM						
	: AM PM						
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	: AM PM						
	: AM PM						

SYMPTOM CODES:

SOB Shortness of breath
HR↑ Fast, pounding, or irregular heartbeat
SWL Swelling in ankles, legs, arms, or abdomen

ACTION CODES:

↑↓H20: Took extra diuretic (water pill)
NURS: Called RN/MD
HOSP: ED visit or Hospital admission

ORACLE Heart & Vascular