Worldwide Syringomyelia & Chiari Task Force		The average resting heart rate listed by the NIH and the AHA for 10 years+, adults, and seniors is 60-100 beats per minute						Normal BP is less than 120/80	
WSCTF VITAL SIGN HEALTH TRACKER			BLOOD PRESSURE			HEART RATE SCALE			Normal values defined by the NIH and AHA
			120	SYSTOLIC	140	60	100	150	NIH-NATIONAL INSTITUTE OF HEALTH
			80	DIASTOLIC	90			_	AHA-AMERICAN HEART ASSOCIATION
WWW.WSTFCURE.ORG			PAIN SCORE 0 IS NO PAIN 10 IS THE WORST						YOUR PERSONAL NOTES:
Date	Time	Event	Systolic	Diastolic	Pain Level 0-10	Heartrate	Level	Status	Notes
		Wake						Ex: Feeling dizzy	Example: I took my BP medicine
		Before meal							
		After meal							
		BP only							
		Before meal							
		After meal							
		Before meal							
		After meal							
		Bedtime							