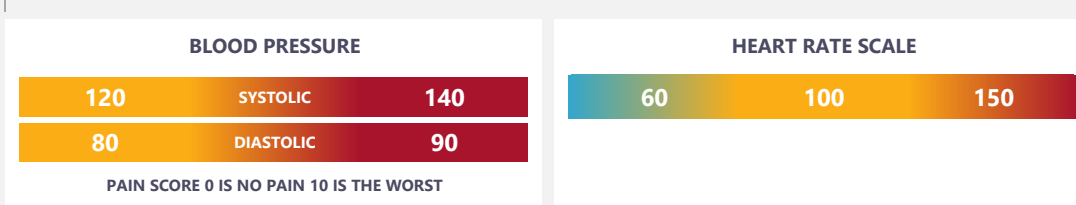


# WSCTF VITAL SIGN HEALTH TRACKER

[WWW.WSTFCURE.ORG](http://WWW.WSTFCURE.ORG)

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



Normal values defined by the NIH and AHA

NIH-NATIONAL INSTITUTE OF HEALTH

AHA-AMERICAN HEART ASSOCIATION

**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							