

# VITAL SIGNS LOG

DATE :

TIME :

MONTH:

YEAR:

TYPES OF VITAL	MORNING			MID-DAY			NIGHT		
BLOOD PRESSURE	SYS	DIA		SYS	DIA		SYS	DIA	
BLOOD SUGAR (PRE/POST MEAL OR FASTING)	PRE	POST	FBS	PRE	POST	FBS	PRE	POST	FBS
TEMPERATURE: (°C / °F)									
HEART RATE									
WEIGHT									
OXYGEN LEVEL									
RESPIRATORY RATE									

LOCATION OF PAIN	
MEDICATION	
PAIN SIGNS	

NOTES