



Vital Signs Log

| Week of: | Blood Pressure | | Pulse | | Temperature | Weight |
|-----------|----------------|----|-------|----|-------------|--------|
| | AM | PM | AM | PM | | |
| Sunday | | | | | | |
| Monday | | | | | | |
| Tuesday | | | | | | |
| Wednesday | | | | | | |
| Thursday | | | | | | |
| Friday | | | | | | |
| Saturday | | | | | | |

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|-----------|----------------|----|-------|----|-------------|--------|
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| Sunday | | | | | | |
| Monday | | | | | | |
| Tuesday | | | | | | |
| Wednesday | | | | | | |
| Thursday | | | | | | |
| Friday | | | | | | |
| Saturday | | | | | | |