

## VITAL CHECK

### Instructions:

As you travel to each station, follow the action required for each station and then record your vital signs.

Activity Mode	# of Breaths (Per Minute)	Blood Pressure (mmHG)	Blood Oxygen (SpO2)	Temperature (°F)
Resting				
Walking				
Jogging				

### Reflection Questions

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

