Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Explore Your Own Vital Signs**

|  |  |  |  |
| --- | --- | --- | --- |
| **Vital Sign** | **Definition** | **Standard Range** | **Your Vitals** |
| **MP900321093[1]Temperature** | The measurement between heat lost and heat produced by the body | 98.6 °F (37.0°C) |  |
| **Heart Rate/Pulse**  | The number of times the heart beats per one minute | 60-100 beats per minute |  |
| **Respiratory Rate MC900212125[1]** | The number of breaths taken per one minute | 10-18 breaths per minute |  |
| **MCHM00386_0000[1]Breathing Sounds** | The specific sounds identified in the lungs when a person takes a breath | Clear and unobstructed during both inhalation and exhalation | ClearObstructed* Wheeze
* Stridor
* Sterdor
* Crackle
 |
| **MC900437091[1]Blood Pressure**  | The force of circulating blood pushing against the walls of the blood vessels. Blood pressure readings consist of two numbers. The top number is the **systolic blood pressure**: the highest level the blood pressure reaches when the heart beats (contracts). The bottom number is diastolic blood pressure: the lowest level the blood pressure reaches as the heart relaxes between beats.  | 90-100 mmHg 60-80 |  |
| **Oxygen Saturation** | The measurement of the amount of oxygen carried by the red blood cells throughout the body. | 97-99% |  |