

WEB OF DYSAUTONOMIA VITALS AND EXERCISE CHART

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Blood pressure at rest							
Pulse at rest							
Oxygen level at rest							
Blood pressure after activity (note activity and duration)							
Pulse after activity							
Oxygen after activity							
Significant vitals throughout the day. Include possible triggers.							

Example significant vitals	80/55 BP Stood up	148 Pulse No reason	178/119 BP Ate dinner	201/128 BP Walked a mile	80/73 BP Large drop in BP half hour after walking, narrow pulse pressure
----------------------------	----------------------	------------------------	--------------------------	-----------------------------	---