



A FREE ARDENT WORKSHOP STARTER

Vital Signs Log Starter

One person, six vitals — all but SpO2 flagged against a general adult example range as you type them in.

Free starter · 1 tab · no signup



One log. Six vitals. Flagged the moment you type.

The Vital Signs Log Starter is a single free tab: one row per reading, for one person. Log six vitals (systolic and diastolic blood pressure, pulse, respiration, oxygen saturation and temperature), and every one but oxygen saturation is checked against a general adult example range the moment you type it in. It opens already holding 29 example readings from the worked example inside the full Vital Signs Tracker — Dad (example), over a chest cold — so you can see it working before you log a reading of your own.

1. Type a reading — date, time, context, and whichever vitals you took.
2. The row flags itself against the example range above the log, the moment you tab off it — no button, nothing to run.
3. The At a glance strip keeps a running lowest, highest and average for each vital, over the whole log.
4. Read each flag with your clinician's numbers beside you — the ranges here are general adult examples, not anyone's own targets.
5. Bring the sheet to the visit: exactly what you logged, flags and all.

Vital	Example range	Source
Systolic	up to 129 mmHg	AHA/ACC 2025
Diastolic	up to 79 mmHg	AHA/ACC 2025
Pulse	60–100 bpm	AHA
Respiration	12–16 /min	Johns Hopkins
Temperature	97.8–99.0 °F	Johns Hopkins

About the SpO2 reading. A pulse oximeter reading can be off for reasons that have nothing to do with how someone is doing — skin pigmentation, poor circulation and nail polish can all affect it, and darker skin can make it read higher than the true level (FDA). That's one reason this starter logs SpO2 without flagging it: no general cut-off is safe to seed here, so a reading that worries you is worth a second try and a call to the clinician, not a number to interpret alone.

Sources: [AHA/ACC 2025](#) · [AHA](#) · [Johns Hopkins](#) · [FDA](#).

One person's log. The full tracker keeps everyone's, each against their own numbers.

This starter checks one person's readings against a single general example range. It can't tell a rushed reading from a rested one, and it has no idea who's who when more than one person shares the file.

WHAT THE FULL VITAL SIGNS TRACKER ADDS

People & Targets gives up to six people each their OWN low/high target and call-my-clinician thresholds, set from their own clinician's care plan. A three-step pre-reading check decides whether a blood pressure reading meets the home protocol, and the **Home BP Average** tab runs the 2025 AHA/ACC home protocol on a 7-day week — morning and evening sessions, days covered, and the average of the protocol-OK readings with its reference category. A **Visit Summary** covers any date range on one printed page, and **Trends** compares the last 7 days against that person's own baseline. **A one-time purchase you keep — no app, no subscription, nothing that can shut down. [Get the full Vital Signs Tracker >](#)**

See the full range at ardentworkshop.com.

The example reading is from a fictional household — not a real person or real vitals. This starter is a record you keep, not medical advice.

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