



|                                    |                | Day 8: | Day 9: | Day 10: | Day 11: | Day 12: | Day 13: | Day 14: |
|------------------------------------|----------------|--------|--------|---------|---------|---------|---------|---------|
| <b>Early Morning</b><br>(8-9AM)    | Temp           |        |        |         |         |         |         |         |
|                                    | Heart rate     |        |        |         |         |         |         |         |
|                                    | Blood Pressure | /      | /      | /       | /       | /       | /       | /       |
|                                    | Oxygen %       |        |        |         |         |         |         |         |
| <b>Late Morning</b><br>(11AM-12PM) | Temp           |        |        |         |         |         |         |         |
|                                    | Heart rate     |        |        |         |         |         |         |         |
|                                    | Blood Pressure | /      | /      | /       | /       | /       | /       | /       |
|                                    | Oxygen %       |        |        |         |         |         |         |         |
| <b>Early Afternoon</b><br>(4-5PM)  | Temp           |        |        |         |         |         |         |         |
|                                    | Heart rate     |        |        |         |         |         |         |         |
|                                    | Blood Pressure | /      | /      | /       | /       | /       | /       | /       |
|                                    | Oxygen %       |        |        |         |         |         |         |         |
| <b>Evening</b><br>(7-8PM)          | Temp           |        |        |         |         |         |         |         |
|                                    | Heart rate     |        |        |         |         |         |         |         |
|                                    | Blood Pressure | /      | /      | /       | /       | /       | /       | /       |
|                                    | Oxygen %       |        |        |         |         |         |         |         |