

## Vital Signs Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Objective:** Understand and learn the normal ranges for vital signs.

### Part 1: Vital Signs Overview

**Vital signs** are measurements that indicate the state of a person's essential body functions. The main vital signs include:

1. Heart Rate (Pulse)
  2. Respiratory Rate
  3. Blood Pressure
  4. Temperature
  5. Pain
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### Part 2: Fill in the Normal Ranges

**Instructions:** Fill in the normal ranges for each vital sign in the table below.

Vital Sign	Normal Range
Heart Rate (beats/min)	_ to _
Respiratory Rate (breaths/min)	_ to _
Blood Pressure (mmHg)	_ / _

Temperature (°F)	_ to _
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### Part 3: True or False

**Instructions:** Write 'T' for True or 'F' for False next to each statement.

1. A normal heart rate for adults is between 60 and 100 beats per minute. \_\_\_\_\_
  2. The normal respiratory rate for children is higher than that of adults. \_\_\_\_\_
  3. Blood pressure is measured in degrees Fahrenheit. \_\_\_\_\_
  4. A normal body temperature can vary slightly from person to person. \_\_\_\_\_
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### Part 4: Matching

**Instructions:** Match the vital sign to its definition.

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|---------------------|--|
| 1. Heart Rate       | a. The number of breaths taken in one minute.            |
| 2. Respiratory Rate | b. The force of blood against the walls of the arteries. |
| 3. Blood Pressure   | c. The number of times the heart beats in one minute.    |
| 4. Temperature      | d. A measure of the body's internal heat.                |
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### Part 5: Reflection

**Instructions:** Answer the following questions in complete sentences.

1. Why are vital signs important in healthcare?  
• \_\_\_\_\_
  2. How can you measure your own heart rate?  
• \_\_\_\_\_
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