

Know Your Numbers

Vital signs



Vital signs include your heart beat, breathing rate, temperature, and blood pressure. Your health care provider may watch, measure, or monitor your vital signs to check your level of physical functioning.

Normal vital signs change with age, sex, weight, exercise tolerance, and overall health.

Normal vital sign ranges for the average healthy adult while resting are:

- Blood pressure: 90/60 mm/Hg to 120/80 mm/Hg
- Breathing: 12 - 18 breaths per minute
- Pulse: 60 - 100 beats per minute
- Temperature: 97.8 - 99.1 degrees Fahrenheit / average 98.6 degrees Fahrenheit

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