

MASTER BUNDLE · FREE DASHBOARD

The Daily 7 Vitals Dashboard

Seven measurable daily vitals with adult reference ranges, escalation triggers and a four-week rolling dashboard — the one-page health snapshot your clinician asks for and never gets.

- 7 vitals with ranges
- Escalation triggers
- 4-week rolling log
- Weekly review protocol
- 5-page A4 printable PDF

CLINICAL RATIONALE — WHY THIS SPECIFIC TOOL

A vital is only useful if it is measured the same way, at the same time, every day — and if someone knows what number means act. This dashboard supplies both: the seven numbers worth tracking and the thresholds that turn them into a decision.

Trend beats single value. One blood pressure or one night of sleep is noise; a rolling week is signal. The dashboard is built for the trend — same time, same method, every day — so a real change is visible against your own baseline.

Seven is the honest number. Blood pressure, resting heart rate, sleep, movement, heart-rate variability, waist and mood cover the cardiometabolic, recovery and mental axes without becoming a second job. More than seven and adherence collapses.

Escalation is the point. A log without thresholds is a diary. Each vital carries an "act" trigger — the reading that ends the watching and starts the phone call — so the dashboard always knows what it is for.

AUTHORITY / EVIDENCE BASE	WHAT IT ESTABLISHES FOR THIS TOOL
AHA / ACC guidance	Home blood-pressure and resting-heart-rate reference values and the thresholds that warrant review.
Sleep-duration consensus	Seven to nine hours for adults; chronic short sleep associates with cardiometabolic risk.
Waist-circumference guidance	Abdominal adiposity thresholds (102 cm men, 88 cm women) mark elevated cardiometabolic risk.

QUICK START — THE NEXT TEN MINUTES

- 1

Establish the routine
Same morning: BP and resting heart rate after waking and voiding, before caffeine. Sleep and steps come from the night.
- 2

Log seven numbers daily
Use the week grids. HRV and mood take ten seconds; waist is weekly, not daily.
- 3

Review every Sunday
Average the week, compare to your baseline, and check the escalation column. Most weeks the action is "continue".
- 4

Bring the dashboard to appointments
A month of same-method readings is the most useful single page you can hand a clinician.

ACT, DO NOT AVERAGE, ON THESE

Blood pressure above 180/120 that repeats after rest, chest pain, shortness of breath, fainting, a resting heart rate above 120 at rest, or any neurological symptom — these are same-day or emergency calls, not dashboard entries. The dashboard tracks trends between events; it never delays care during one.

Medical disclaimer. This dashboard is published by Health Secrets for educational, informational and personal habit-tracking purposes only. It is not medical advice, is not intended to diagnose, treat, cure or prevent any disease, and does not replace care from your own clinician. In an emergency call 911. **FTC disclosure.** Health Secrets may earn a commission from qualifying purchases made through links on our website, at no extra cost to you; recommendations are editorial and evidence-led. Board-certified clinical review · edition 1.0 · healthsecrets.com/lead-magnets/lm-20-daily-7-vitals-dashboard

THE REFERENCE

Seven vitals, their ranges, and when to act

Method consistency is what makes a trend readable. The "act" column is the threshold that ends the watching.

VITAL	TRACKS	METHOD	REFERENCE	WHEN TO ACT
Blood pressure (home)	Cardiometabolic load	Validated cuff, seated, after 5 min rest; two readings a minute apart.	Below 120/80	Sustained 130/80 or higher — book review; >180/120 — act now.
Resting heart rate	Recovery and fitness	On waking, before standing; count a full minute or use a monitor.	60–100 bpm	Sustained >100 at rest, or <45 with dizziness — review.
Sleep duration	Recovery	Same wake time; log hours asleep, not hours in bed.	7–9 h	Chronic <6 h or unrefreshing sleep — review habits, then clinician.
Steps / movement	Activity volume	Watch or phone; use your own baseline, not a mandate.	Your baseline +	Sustained drop from baseline without a reason — investigate.
Heart-rate variability	Autonomic load (optional)	Same device, same time; read the weekly trend only.	Personal baseline	Large sustained drop — prioritise sleep and recovery; retest.
Waist circumference	Abdominal adiposity	Weekly, same tape position at the navel, exhale.	<102 cm men · <88 cm women	Above threshold, or rising across months — review.
Mood / stress (0–10)	Mental axis	One honest number each evening; note the driver.	Your stable band	Sustained low mood or loss of interest — clinical conversation, not a metric.

HOW TO READ YOUR OWN WEEK

Compare each vital to your own four-week baseline, not to a stranger's number. A resting heart rate five beats above your norm is more informative than any single "normal" reading, and a mood or sleep dip that tracks a hard week is data, not failure. The dashboard describes; your clinician diagnoses.

Morning protocol — same time, daily

☐ Wake, void, sit for five minutes before the cuff.

☐ BP twice, a minute apart; record the pair.

☐ Resting heart rate before caffeine and before standing.

☐ Log last night's sleep hours and HRV from the same device.

Evening protocol — ten seconds

☐ One honest mood / stress number; note the driver.

☐ Steps settle automatically from watch or phone.

☐ Sunday: waist at the navel, exhale, same tape position.

☐ Sunday: average the week and check the escalation column.

DAYS 1-14

The rolling dashboard — first fortnight

Same time, same method, every day. Waist is weekly; log it on the Sunday review, not here.

DAY	BP	RHR	SLEEP H	STEPS	HRV	MOOD 0-10
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						

Week 1 averages — BP RHR Sleep Mood

DAYS 15-28

Second fortnight and the Sunday review

The review block is where the dashboard earns its keep: average, compare to baseline, and check the escalation column.

DAY	BP	RHR	SLEEP H	STEPS	HRV	MOOD 0-10
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						

THE SUNDAY REVIEW

Week average BP vs baseline

Week average RHR vs baseline

Week average sleep vs baseline

Waist this week (cm) trend

Escalation check

☐ Any vital crossed its "act" threshold this week?

☐ Any sustained shift from my own baseline?

Action taken / booked

Ready for the Complete Step-by-Step Blueprint?

This dashboard gives you the immediate tools to take action today. But long-term health requires a complete, structured daily system — one that tells you **what to do on the days this sheet does not cover**, in what order, and how to adjust when your body does not respond the way the chart says it should.

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THIS FREE TOOL VERSUS THE COMPLETE SYSTEM

What this free dashboard already gives you

- ☐ Seven vitals with adult reference ranges
- ☐ Escalation triggers for every vital
- ☐ A four-week rolling dashboard and weekly review

What only the 250-page edition has

- ☐ The seven full systems behind each vital
- ☐ Worksheets, ladders and trackers for every axis
- ☐ The quick-index that finds the right sheet in seconds
- ☐ A household library that updates for life

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A4 print + fillable

Keep the dashboard on the fridge; four weeks per printed sheet.

Clinically referenced

Ranges and triggers from published guidance. Trends, not diagnoses.

One-time payment

\$69 once, no subscription, lifetime updates.

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