

365Vitals Daily Health Snapshot

Use your numbers to make data-informed, heart protective health decisions every day.

Visit **365Vitals.com** for more info. Send questions about your numbers to info@operationmist.org.

What to monitor	What it reflects about your health	Ways to optimize it
Resting Heart Rate	How efficiently your heart supports your body	Stay active, sleep well, manage stress, and stay hydrated.
Blood Pressure	How hard your heart is working	Avoid fast, frozen and packaged foods. Stay active and hydrated.
Oxygen	How effectively your body uses oxygen	Breathe properly and stay physically active.
Temperature	Your body's internal environment	Rest, hydrate well, and limit added sugars.
Sleep	Your body's recovery and energy	Get 7-9 hours of rest overnight. Avoid screens and large meals before bed.
Stress	Your body's resilience	Get outside, engage in leisure activities, and spend time with loved ones.

How to Use Your 365Vitals Daily Health Snapshot: *Complete columns 1–6 each morning. Empty your bladder before checking your blood pressure for the most accurate reading. Complete the remaining columns at the end of the day. Repeat what works. Adjust what doesn't. Ask for help when you need it.*

Date	Heart rate	Oxygen	Temp	Blood Pressure	Sleep Hours	Stress (1-10)	Water (ounces)	Fast/frozen food?	Intentional movement?	Notes/symptoms

Disclaimer: This tool is designed for education and personal health awareness. It is not intended to diagnose, treat, or replace medical advice from your healthcare provider. If you have concerns about your health, symptoms, or changes in your numbers, contact your healthcare provider.

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