

NORMAL VITAL SIGNS IN ADULTS

CORE TEMPERATURE*	98.6° F / 37° C
HEART RATE	60-100 BEATS PER MINUTE
RESPIRATORY RATE	12-18 BREATHS PER MINUTE
BLOOD OXYGEN	95-100%
BLOOD PRESSURE	120/80 mmHg

*WHOOP measures skin temperature which is typically a few degrees lower than core temperature