

Pulmonary Rehabilitation Associates, LLC

We give you back your life!

PulmonaryRehab.com



PulmonaryRehab.com

My Pulse Ox Diary

(Please fill this out and share this information with your medical providers.)

If you have any questions, just ask us on our website:

<http://pulmonaryrehab.com>

Date	Time	SpO2 Your oxygen (From your pulse ox)	Pulse Your heart rate (From pulse ox)	FiO2 (how much O2 youre using)	Activity What were you doing?	Weather Temp, humidity, pollen etc.
<i>Example</i> 10/3/14	09:45 am	95%	88	2L	Walking dog	68/sunny