

My Coronavirus Diary

Week beginning

If you need to contact a health professional they are likely to ask you about any changes you have experienced – this is one way of having information to hand should the need arise.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Pulse Rate AM							
Pulse Rate PM							
Breathing rate before and after mindful activity - AM							
Breathing rate before and after mindful activity - PM							
Temperature AM							
Temperature - PM							
Oxygen saturation AM							
Oxygen saturation PM							
Other – eg Blood Pressure or Peak Flow AM							
Other eg Blood Pressure or Peak Flow PM							
Score 10/10 = really well							