

# Apgar Score

Parent's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Time of Birth: \_\_\_\_\_

## One Minute After Birth

### Score Legend:

- < 7      Baby may need help.  
4 - 6      Baby needs assistance breathing.  
< 3      Baby needs immediate help.

| Apgar Sign             | 0                                                          | 1                                                                       | 2                                                                                  |
|------------------------|------------------------------------------------------------|-------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| Activity (muscle tone) | <input type="checkbox"/> None, limp, or muscles are floppy | <input type="checkbox"/> Some flexion of arms and legs                  | <input type="checkbox"/> Active motion and flexion; arms and legs resist extension |
| Pulse (heart rate)     | <input type="checkbox"/> Absent or no heart rate           | <input type="checkbox"/> Less than 100 beats per minute                 | <input type="checkbox"/> At least 100 beats per minute                             |
| Grimace (reflexes)     | <input type="checkbox"/> No response to stimulation        | <input type="checkbox"/> Facial grimace during stimulation or suction   | <input type="checkbox"/> Cries, pulls away, coughs, or sneezes upon stimulation    |
| Appearance             | <input type="checkbox"/> Body is blue or pale              | <input type="checkbox"/> Pink body with bluish extremities (hands/feet) | <input type="checkbox"/> Body and extremities are pink                             |
| Respiration(breathing) | <input type="checkbox"/> Not breathing                     | <input type="checkbox"/> Weak, slow, or irregular breathing             | <input type="checkbox"/> Strong crying; normal rate of breathing                   |

Total Score:

/ 10

## Five Minutes After Birth

### Score Legend:

- < 6      < 6 - Baby needs more medical help.

| Apgar Sign             | 0                                                          | 1                                                                       | 2                                                                                  |
|------------------------|------------------------------------------------------------|-------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| Activity (muscle tone) | <input type="checkbox"/> None, limp, or muscles are floppy | <input type="checkbox"/> Some flexion of arms and legs                  | <input type="checkbox"/> Active motion and flexion; arms and legs resist extension |
| Pulse (heart rate)     | <input type="checkbox"/> Absent or no heart rate           | <input type="checkbox"/> Less than 100 beats per minute                 | <input type="checkbox"/> At least 100 beats per minute                             |
| Grimace (reflexes)     | <input type="checkbox"/> No response to stimulation        | <input type="checkbox"/> Facial grimace during stimulation or suction   | <input type="checkbox"/> Cries, pulls away, coughs, or sneezes upon stimulation    |
| Appearance             | <input type="checkbox"/> Body is blue or pale              | <input type="checkbox"/> Pink body with bluish extremities (hands/feet) | <input type="checkbox"/> Body and extremities are pink                             |
| Respiration(breathing) | <input type="checkbox"/> Not breathing                     | <input type="checkbox"/> Weak, slow, or irregular breathing             | <input type="checkbox"/> Strong crying; normal rate of breathing                   |

Total Score:

/ 10