

Apgar Score Chart

Child's name:				Date of birth:				
Patient's name:				Time of birth:				
Examiner's name:								
One minute after birth								
Criteria	Signs and associated scores							
	1		2			3		
Activity (muscle tone)	None, limp, or muscles are floppy		Some flexion of arms and legs			Active motion and flexion; arms and legs resist extension		
Pulse (heart rate)	Absent or no heart rate		Less than 100 beats per minute			At least 100 beats per minute		
Grimace (reflexes)	No response to stimulation		Facial grimace during stimulation or suction			Cries, pulls away, coughs, or sneezes upon stimulation		
Appearance (skin color)	Body is blue or pale		Pink body with bluish extremities (hands/feet)			Body and extremities are pink		
Respiration (breathing)	Not breathing		Weak, slow, or irregular breathing			Strong crying; normal rate of breathing		
Total score:								
Score interpretation								
< 7	Baby may need help		4 - 6	Baby needs assistance breathing			< 3	Baby needs immediate help
Five minutes after birth								
Criteria	Signs and associated scores							
	1		2			3		
Activity (muscle tone)	None, limp, or muscles are floppy		Some flexion of arms and legs			Active motion and flexion; arms and legs resist extension		
Pulse (heart rate)	Absent or no heart rate		Less than 100 beats per minute			At least 100 beats per minute		
Grimace (reflexes)	No response to stimulation		Facial grimace during stimulation or suction			Cries, pulls away, coughs, or sneezes upon stimulation		
Appearance (skin color)	Body is blue or pale		Pink body with bluish extremities (hands/feet)			Body and extremities are pink		
Respiration (breathing)	Not breathing		Weak, slow, or irregular breathing			Strong crying; normal rate of breathing		
Total score:								
Score interpretation								
A total score of 6 or lower means the baby needs more medical help.								
Additional notes								

American College of Obstetricians and Gynecologists. (2015). The Apgar score. ACOG Clinical. <https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2015/10/the-apgar-score>

Apgar, V. (1953). A proposal for a new method of evaluation of the newborn infant. *Current Researches in Anesthesia & Analgesia*, 32(4), 260–267. <https://pubmed.ncbi.nlm.nih.gov/13083014/>