

Apgar Score

Item	Options	Points
Heart rate (Pulse)	Absent: No heart rate detected	0
	Slow: Below 100 beats per minute	1
	100 or more: 100 beats per minute or higher	2
Respiratory effort (Respiration)	Absent: Not breathing	0
	Weak: Slow, irregular, weak cry or gasping	1
	Good: Strong cry, regular breathing	2
Muscle tone (Activity)	Limp: Floppy, no movement	0
	Some flexion: Some tone in the limbs	1
	Active motion: Well flexed, resists extension	2
Reflex irritability (Grimace)	No response: No reaction to stimulation	0
	Grimace: Facial grimace only	1
	Cry or active pull: Cries, coughs or sneezes	2
Color (Appearance)	Blue or pale: Whole body	0
	Acrocyanosis: Pink body, blue hands and feet	1
	Completely pink: Body and extremities	2

Interpretation

0–3	Low. Low score: the newborn needs immediate support. Resuscitation follows the Neonatal Resuscitation Program algorithm, and scoring continues every 5 minutes.
4–6	Moderately abnormal. Moderately abnormal: the baby may need stimulation, airway clearance or breathing support. Keep scoring every 5 minutes up to 20 minutes while the score stays below 7.
7–10	Reassuring. Reassuring: the newborn is transitioning well. Continue routine newborn care and observation.

Total score: _____ Date: _____ Assessed by: _____

Virginia Apgar, 1952 (published 1953). Sources: ACOG/AAP Committee Opinion No. 644: The Apgar Score; APGAR Score - StatPearls (NCBI Bookshelf); AAP Policy Statement: The Apgar Score (Pediatrics).

Free calculator and full guide: nursingscales.com/apgar-score/ · Educational material; does not replace clinical judgment or facility protocols.