

10-day Blood Pressure Challenge Tracking Sheet

Before the Challenge	February 7-13	Get an up-to-date, proper blood pressure reading.	___ / ___
		Make a plan! (See below.)	<input type="checkbox"/>
		Hit the grocery store.	<input type="checkbox"/>
Day 1	Thursday, February 14	Have 4-5 servings of fruit today. Plan: 1. _____ 2. _____ 3. _____ 4. _____ 5. (optional) _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Day 2	Friday, February 15	Have 4-5+ servings of vegetables today. Plan: 1. _____ 2. _____ 3. _____ 4. _____ 5. (optional) _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Day 3	Saturday, February 16	Make all your grains whole today. Plan: 1. Breakfast? _____ 2. Lunch? _____ 3. Supper? _____ 4. Snacks? (optional) _____	<input type="checkbox"/>
Day 4	Sunday, February 17	Enjoy nuts and/or seeds today. Plan:	<input type="checkbox"/>
Day 5	Monday, February 18	Include legumes/pulses in a meal or snack today. Plan:	<input type="checkbox"/>
Day 6	Tuesday, February 19	Have 2-3 servings of milk products today. Plan: 1. _____ 2. _____ 3. (optional) _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Day 7	Wednesday, February 20	Make sure to keep your sodium under 2000mg today.	<input type="checkbox"/>
Day 8	Thursday, February 21	Get 30-60 minutes of moderate intensity exercise today. Plan:	<input type="checkbox"/>
Day 9	Friday, February 22	Check your vices: Alcohol, caffeine, smoking?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Day 10	Saturday, February 23	Practice active relaxation. Plan:	<input type="checkbox"/>
After the Challenge	Sunday, February 24	Recheck your blood pressure.	___ / ___
		Make a plan for next steps.	<input type="checkbox"/>