

10-day Blood Pressure Challenge Tracking Sheet

Before the Challenge	June 3-8	Get an up-to-date, proper blood pressure reading.	___ / ___
		Make a shopping list! (See below.)	<input type="checkbox"/>
		Hit the grocery store.	<input type="checkbox"/>
		Join the private Facebook Group (https://www.facebook.com/groups/SSBPChallenge/)	<input type="checkbox"/>
		Invite your family and friends , so you can hold each other accountable	<input type="checkbox"/>
Day 1	Sun June 9	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"/> <input type="checkbox"/>
Day 2	Mon June 10	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"/> <input type="checkbox"/>
Day 3	Tues June 11	Make all your grains whole today. Plan: 1. Breakfast? _____ 2. Lunch? _____ 3. Supper? _____ Snacks? (optional) _____	<input type="checkbox"/>
Day 4	Wed June 12	Enjoy nuts and/or seeds today. Plan:	<input type="checkbox"/>
Day 5	Thurs June 13	Include legumes/pulses in a meal or snack today. Plan:	<input type="checkbox"/>
Day 6	Fri June 14	Have 2-3 servings of milk products today. Plan: 1. _____ 2. _____ 3. (optional) _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Day 7	Sat June 15	Make sure to keep your sodium under 2000mg today. Plan:	<input type="checkbox"/>
Day 8	Sun June 16	Get 30-60 minutes of moderate intensity exercise today. Plan:	<input type="checkbox"/>
Day 9	Mon June 17	Check your vices: Alcohol, caffeine, smoking?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Day 10	Tuesday June 18	Practice active relaxation. Plan:	<input type="checkbox"/>
After the Challenge	Wed June 19	Recheck your blood pressure.	___ / ___
		Make a plan for next steps. Plan:	<input type="checkbox"/>