

### My Blood Pressure Diary

Date \_\_\_\_\_ Blood Pressure Reading \_\_\_\_\_

### MY BLOOD PRESSURE WALLET CARD

My Blood Pressure Goal: Less than 120/80 mm Hg



### My Life Style Changes

to Help Reduce High Blood Pressure:

- ✚ Maintain healthy weight.
- ✚ Commit to 30 minutes of physical activity on most days of the week.
- ✚ Eat a diet high in fruits and vegetables.
- ✚ Choose foods low in salt. Read food labels.
- ✚ If consuming alcohol, have no more than one drink a day for women, two drinks a day for men.
- ✚ Remember to take your blood pressure medication.

Talk to your doctor about life style changes that are right for you.

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