

# Daily Healthy Blood Pressure Log

As you work to lower your blood pressure, be sure to keep track of you're daily progress. Print out a new log everyday and fill it out. If you're trying to lower your blood pressure, it's best to keep a close check on the numbers. Dr. Barbour advises her patients to monitor their blood pressure at least two to four times a week. If you're not hypertensive, Dr. Barbour recommends checking your blood pressure once every few weeks as a preventive measure.

Date: \_\_\_\_\_ BP: \_\_\_\_\_ Weight: \_\_\_\_\_



## DASH Diet Log

Milk/Dairy	Fruit	Veggies	Grains	Meat/Fish/ Poultry	Fats/Oils
2-3 servings	4-5 servings	4-5 servings	7-8 servings	2 or fewer	2-3 servings
Cut down on processed foods, salt and sugar.					

**Breakfast** \_\_\_\_\_

\_\_\_\_\_

**Snack** \_\_\_\_\_

\_\_\_\_\_

**Lunch** \_\_\_\_\_

\_\_\_\_\_

**Snack** \_\_\_\_\_

\_\_\_\_\_

**Dinner** \_\_\_\_\_

\_\_\_\_\_

**Snack** \_\_\_\_\_

\_\_\_\_\_



## Exercise Log: 30-45 minutes/per day

Remember you don't have to train like an Olympic athlete to see benefits. Running, speed walking and weight training are great ways to add up those minutes, but there are other ways to meet your daily exercise needs. Park farther away from the mall, walk the dog or take the stairs instead of elevator. Whatever you do, write it down. Seeing your daily minutes add up can be a real motivator.

Activity: \_\_\_\_\_ Minutes: \_\_\_\_\_

Activity: \_\_\_\_\_ Minutes: \_\_\_\_\_

Activity: \_\_\_\_\_ Minutes: \_\_\_\_\_

Activity: \_\_\_\_\_ Minutes: \_\_\_\_\_

Activity: \_\_\_\_\_ Minutes: \_\_\_\_\_

Activity: \_\_\_\_\_ Minutes: \_\_\_\_\_

For more information on how to control and maintain a healthy blood pressure go to: <http://health.discovery.com/centers/heart/highbloodpressure/highbloodpressure.html> on the Discoveryhealth.com website.