



Tracking Sheet

Name: _____

Please submit your tracking sheet to the Program Administrator at the end of the Blood Pressure Campaign.

Resources to help you complete all activities are included in the weekly campaign packets.

Week One: Know Your Numbers

- Watch 'How to Measure Your Blood Pressure at Home'
- Find Your Numbers
- Read 'Know Your Numbers'
- Read 'New Blood Pressure Changes'
- Reflect on Your Health
- Write an Action Plan

Week Two: Heart Healthy Nutrition

- Watch 'Blood Pressure Timeline'
- Read 'Heart Healthy Nutrition'
- Try a Heart Healthy Recipe
- Increase Fiber Intake
- Add Omega-3 Fatty Acids
- Apply Your Knowledge

Week Three: Blood Pressure & Exercise

- Watch 'How Exercise Improves Heart Health'
- Read 'Blood Pressure & Exercise'
- Keep an Activity Log
- Take Action
- Cool Down & Recover

Week Four: Address the Stress

- Watch 'Belly Breathing' & Follow Along with 'Getting Back to Basics: Breathing'
- Read 'Address the Stress'
- Try Something New
- Digitally Detox
- Take Action