

Blood Pressure Recordings and Achievements Sheet

Name: _____

Table: _____

Week 1 Week 2 Week 3 Week 4

Blood Pressure Reading

Achievement Goals	My SMART Goal:	Goal Selected	✓ Goal Met	✓ Goal Met	✓ Goal Met
1. Eat more greens.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Eat more fruit.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Eat more beans.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Eat more nuts.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Eat more seeds.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Eat less processed sweet food.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Eat less processed fatty food, meat, high fat dairy.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Eat less salt.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Increase omega-3 intake.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Eat less free fat.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Drink less alcohol.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Drink less caffeine.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Drink fewer sugar-sweetened beverages.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Drink more water.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Blood Pressure Reading

Achievement Goals	My SMART Goal:	Goal Selected	✓ Goal Met	✓ Goal Met	✓ Goal Met
15. Find an accountability partner.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Join a socially supportive group.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Increase physical activity.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Get adequate sleep.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Take a weekly sabbath.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Reduce noise pollution.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. Avoid nicotine or smoke exposure.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. Get enough sunshine.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. Spend more time in nature, fresh air.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. Improve stress levels.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. Take a blood pressure supplement.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. Avoid drugs or supplements that raise blood pressure.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. Improve your spiritual health.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SMART Goals - Specific. Measurable. Action-Oriented. Realistic. Time-Phased.

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1. Eat 1 cup or more of greens (spinach, kale, collard greens, Swiss chard, beetroot juice) at least 3 days per week.
2. Eat 3-4 servings of fruit daily. Include fruit smoothies in tally.
3. Eat at least 1 cup of cooked beans (soy, navy, white, black, adzuki, baked, refried, black-eyed peas, chickpeas, lentils, etc...) at least 5 days per week.
4. Eat 1-2 oz of nuts (almonds, Brazil nuts, cashews, walnuts, pine nuts) at least 5 days/wk.
5. Eat 1-2 oz or more of seeds (pumpkin, squash, hemp, flax, sesame, chia) at least 5 days/wk
6. Eat 1 or fewer servings of processed sweet food (cookies, cakes, pastries, ice cream, candy, etc...) per week.
7. Eat 1 or fewer servings of processed fatty food (processed meat, chips, chocolate, etc...), meat (beef, chicken, lamb, pork, etc...), or high-fat dairy (whole milk, ice cream, cream cheese, sour cream, butter, etc...) per week.
8. Don't eat packaged food with more mg of salt per serving than calories. Salt cooked food sparingly. Use herbs & spices abundantly.
9. Eat 3 tablespoons of freshly ground omega-3 rich seeds per day (flax, chia, hemp).
10. Free fats are fats or oils that are separated from their parent substance. Use free oils sparingly. Go from dousing oils when cooking, to brief sprays of oil right before serving, or skip it altogether. Largely switch from butter or margarine spreads to whole plant spreads (peanut butter, hummus, avocado, guacamole, tahini, etc...). Avoid lard. Learn to bake with less free fat & less eggs. Use substitutes when able (i.e. egg replacer, applesauce, flax gel). Learning to largely take fats in whole plant foods is a great move.
11. The right thing to do is to quit all alcohol. If you currently drink alcohol regularly, at a minimum, wean to 1 drink or less 2 days per week.
12. The right thing to do is to quit all caffeine. If you currently drink coffee, tea, or caffeinated soda regularly, at a minimum, wean to 1 drink or less 2 days per week.
13. Drink 2 or less servings (8 oz) of sugar-sweetened beverages per week. Include sugar-free soda pop & juices. Exclude whole-fruit smoothies.
14. Drink 6 or more cups of water per day. May include herbal teas.
15. Swallow your pride and just do it. Don't pick the coziest friend, unless they are going to make you hold your feet to the fire.
16. Options abound: religious or community groups, classes, social clubs, neighborhood watch programs, etc... Focus on helping others.
17. Obtain at least 150 minutes of moderate physical activity per week. Aim for at least 15 minutes of physical activity daily.
18. Aim for 7-9 hours of sleep per night. Afternoon naps up to 1 hour count. Improve your quality of sleep. Adapt sleep hygiene techniques.
19. Take one day off per week for rest. Don't overwork. Spend time with family and seek spiritual health improvement (See #27.).
20. Reduce noise annoyance. Use ear plugs when needed. Play blood pressure lowering music.
21. The right thing to do is to quit all nicotine use. If you smoke cigarettes or chew tobacco, set a goal to wean then quit. Working with your doctor or in a group session can increase quit rates.
22. Aim for 30 minutes of sunshine in the middle of the day, between 10am & 2pm, at least 5 days per week. Do not burn your skin!!!
23. Get away from the screens and get outside. Spend at least 30 minutes 3 times per week in a natural setting. Take up gardening or an outdoor skill. Get a companion animal. Walk in parks. Go to a national park. The options are too numerous to name.
24. For passive stress, look at thinking corrections. Aim for low hanging fruit, if possible. For things you can change, what are you waiting for?
25. Co-enzyme Q10 400mg or Ubiquinol 100mg twice daily. Magnesium ~376mg daily. L-arginine 2 grams thrice daily. Probiotic up to twice daily. Three cups of hibiscus tea daily.
26. NSAIDs (ibuprofen, motrin, advil, aleve, naprosyn, etc), decongestants, estrogens, testosterone, steroids, migraine medications, certain antidepressants, diet pills, senna, ginkgo, ginseng, guarana, St. John's wort, Kava, others.
27. Our Creator put within us a law to heal as our thoughts & actions follow laws of healing. Your spirit affects blood pressure. So, 1. Be Humble, 2. Acknowledge your pain, 3. Submit to worthy principles, 4. Aspire to do the right thing, 5. Forgive wrongs, 6. Don't compromise, 7. Mediate to help others, 8. Persist despite persecution. More...