

BLOOD PRESSURE TRACKING CHALLENGE



April 2018

High blood pressure can damage your heart and cause health problems if it stays high for a long time. High blood pressure usually has no warning signs, so many people don't realize they have it. There is only one way to tell if you have high blood pressure and that is by measuring it, which is quick and painless!



During the month of April, have your blood pressure checked twice a week. You can use your own cuff if you have it, or have it checked at one of the following places: the Health Department, DSS, Sylva and Cashiers Senior Centers, Justice Center, or the Cullowhee Rec Center. Record your numbers below on each day that you have it checked.

If you have concerns about your blood pressure, please make an appointment with your healthcare provider.

Sun	Mon	Tues	Wed	Thur	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Turn in your completed log through interdepartmental mail to **Jenifer Pressley** at the Cullowhee Rec Center. your log is due by May 5, 2018.

Name: _____

Department: _____