

How Can I Control My High Blood Pressure?



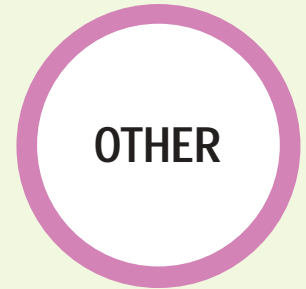
Eat Better



Be Physically Active



Take My Medicine



Monitor My Blood Pressure at Home



Cope with Stress



Limit Alcohol



Stop Smoking

My goal for the next month is (What I want to do. For example, start walking everyday):

My action plan is (Something I want to do right away):

One thing that could keep me from my goal and what I will do about it.

I will do this to make my success more likely.

My confidence that I can reach my goal is:

(Scale of 1-10 with 1 being not confident at all, 10 being very confident.) _____

Follow-up plan (How and when): _____