Anti-Hypertension Activity Log

Name:	Date:	

	Week 1						Week 2							
	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
3 stalks celery														
2 cloves raw garlic														
2 tablespoons raw olive oil													1	
2-3 squares 70% chocolate						1								
1 cup pomegranate juice														
1 cup soy milk				W.										
½ teaspoon turmeric														
2 tablespoons fish oil														
1 cup hibiscus tea	У.													
½ teaspoon cinnamon				1										
28 raw unsalted almonds/nuts														
3 servings fruit (max)														
4 servings vegetables (min)											1			
20 minutes exercise														
8 hours sleep														
	Week 3						Week 4							
	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun ·	Mon	Tues	Wed	Thurs	Fri	Sat
3 stalks celery														
2 cloves raw garlic														
2 tablespoons raw olive oil														
2-3 squares 70% chocolate														
1 cup pomegranate juice														
1 cup soy milk						5								
⁄2 teaspoon turmeric														
tablespoons fish oil	21													
L cup hibiscus tea														
ź teaspoon cinnamon														
8 raw unsalted almonds/nuts														
servings fruit (max)														
servings vegetables (min)														
0 minutes exercise														
hours sleep														1