

Anti-Hypertension Activity Log

Name: _____ Date: _____

Instructions: Pick 7 out of 15 per day.

	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														
2-3 squares 70% chocolate														
1 cup pomegranate juice														
1 cup soy milk														
½ teaspoon turmeric														
2 tablespoons fish oil														
1 cup hibiscus tea														
½ teaspoon cinnamon														
28 raw unsalted almonds/nuts														
3 servings fruit (max)														
4 servings vegetables (min)														
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														
½ teaspoon turmeric														
2 tablespoons fish oil														
1 cup hibiscus tea														
½ teaspoon cinnamon														
28 raw unsalted almonds/nuts														
3 servings fruit (max)														
4 servings vegetables (min)														
20 minutes exercise														
8 hours sleep														