

Blood Pressure Support Daily Tracker
For Women on a Serenity Wellness Journey

Date: _____

Morning Blood Pressure: _____ / _____

Evening Blood Pressure: _____ / _____

Nutrition Check-In (check each one)

- ☐ Leafy greens or veggies (at least 1 serving)
- ☐ Fruit (berries, banana, citrus, etc.)
- ☐ High-fiber carbs (oats, quinoa, beans)
- ☐ Potassium-rich food (banana, avocado, sweet potato)
- ☐ Limited processed/salty foods

Notes: _____

Hydration + Caffeine

Water intake: _____ cups

- ☐ Limited caffeine after 2pm
- ☐ Herbal tea or infused water

Notes: _____

Stress & Nervous System

- ☐ 5–10 min of slow breathing
 - ☐ Mindfulness / prayer / journaling
 - ☐ Nature time or fresh air
- Stress (circle): 1-Low 2-Medium 3-High

Notes: _____

Movement & Activity

- ☐ Walk (10–30 minutes)
- ☐ Stretching or yoga
- ☐ Strength or resistance

Activity time today: _____ minutes

Notes: _____

Sleep & Recovery

Hours slept last night: _____

Sleep quality (circle): Poor / OK / Good / Excellent

Notes: _____

Heart-Supporting Wins Today (choose at least 1)

- ☐ Ate leafy greens
- ☐ Added magnesium foods (nuts/seeds/beans)
- ☐ Drank more water than yesterday
- ☐ Chose whole grains over refined
- ☐ Managed stress calmly
- ☐ Took medication as directed
- ☐ Reduced sodium
- ☐ Reduced alcohol/smoking

How I Felt Today

1 word check-in: _____

Gentle Reminder:

Progress is built through consistency—not perfection.

Serenity Wellness Journey | Guiding Women to Health, Wealth & Happiness