

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