HEALTHY HABITS TRACKER

A Healthy Heart Begins with Healthy Habits

DATE	HABIT	М	т	w	Т	F	S	S
8-12-22	30 minutes of exercise	X		X		X		



BLOOD PRESSURE LOG

Using a manual or digital blood pressure monitor, log your blood pressure on this chart twice daily

DATE	AM	PM
		_

DATE	АМ	PM

