



# My Blood Pressure Goals— What Are They?

You are the most important person in managing your blood pressure. Talk with your healthcare provider to help you choose one or more goals you are ready to work on now.

## Goal 1



### Diet

- I will eat a heart-healthy diet that is low in salt and fat.
- My daily sodium goal will be \_\_\_\_\_ mg per day.
- I will limit the amount of alcohol I drink, as directed by my provider.

## Goal 2



### Exercise

- I will exercise for \_\_\_\_\_ minutes \_\_\_\_\_ days per week, as directed by my provider.
- My provider and I agree that the best activities for me are \_\_\_\_\_.
- If I notice chest pain, shortness of breath, or chest tightness, I will get emergency help.

## Goal 3



### Smoking

- I will think of all the reasons why I should quit smoking.
- I will ask my provider about how I can quit smoking and then take the steps to quit.
- If I start smoking again, I will try to quit again.

## Goal 4



### Medicine

- I will take my blood pressure medicine as directed by my provider.
- I will call my provider if I have problems.
- I will ask questions when I do not understand.

## Goal 5



### Blood Pressure

- I will have my blood pressure checked at every provider visit.
- I will reach my blood pressure goal of \_\_\_\_\_.

## Goal 6



### Provider Visits

- I will keep my provider appointments even when I feel fine.
- I will ask my provider questions when I do not understand something.

## Goal 7



### Help From Others

- I will talk with family and friends about how having high blood pressure makes me feel.
- I will consider joining a support group.
- I will let my provider know if I feel moody, blue, or stressed.

### **EMERGENCY:**

**Get emergency medical help right away if you think you are having symptoms of a heart attack, which may include:**

- 1) Chest pain or discomfort**
- 2) Upper body (ie, shoulder, arm, or jaw) discomfort**
- 3) Shortness of breath**
- 4) Cold sweats, nausea, or light-headedness**

