

# Lifestyle Planner

## MY ACTION PLAN

My Priorities Check (✓)	Lifestyle factors that can improve my blood pressure	My Goal	What?	How much?	When?	How often?	What barriers prevent me from changing?	What can I do to overcome these barriers?
For example ✓	↑ vegetables	7-10 servings a day	Eat more vegetables	3 servings	At lunch & dinner	3 days a week (Mon, Wed, Fri)	It takes too long to cut and prepare vegetables	Cut and prepare vegetables ahead of making a meal
	↑ physical activity	150 minutes of moderate activity per week, for at least 10 minutes at a time.						
	↓ servings	Choose serving size according to DASH						
	↑ fruits & vegetables	7-10 servings a day						
	↓ high fat & processed meats	Choose smaller portions and trim visible fat						
	↓ salt or sodium	Choose less processed foods and take-out meals						
	↑ whole grains	Choose at least 3 higher fibre options						
	Switch to low fat dairy products	Choose skim or 1% milk						
	Drink alcohol in moderation	≤2 drinks per day. Women: ≤ 9 drinks/week Men: ≤14 drinks/week						
	Stop smoking	Smoke free						
	↓ Stress	Identify stress factors						

\* Changing a single lifestyle factor could reduce blood pressure as much as one blood pressure medication