

## Blood pressure action plan

Tick the relevant column after each review.

Actions	Already doing this	Ready to do now	Not ready yet	Start date	Review regularly and note your progress here
Talk with your doctor about your blood pressure.				___ / ___ / ___	
Take blood pressure medicines as prescribed.				___ / ___ / ___	
See your doctor regularly to have your blood pressure checked.				___ / ___ / ___	
Be physically active.				___ / ___ / ___	
Minimise salt intake. <ul style="list-style-type: none"> <li>• Make fresh foods the main part of your diet – include a wide variety of fruit and vegetables, plain meat, poultry and fish, reduced fat dairy and plain unsalted nuts and legumes. Avoid high salt foods, such as potato crisps/chips, salted nuts, commercial sauces (e.g. tomato, soy, fish), processed meat and most take-away foods.</li> <li>• Use herbs and spices instead of salt in cooking and at the table.</li> <li>• Choose low salt or salt reduced foods where available.</li> </ul>				___ / ___ / ___	
Healthy men and women – limit alcoholic drinks to two per day.				___ / ___ / ___	
If you have high blood pressure or are taking blood pressure medicine, limit alcoholic drinks to two per day (men) or one per day (women).				___ / ___ / ___	
Achieve and maintain a healthy weight.				___ / ___ / ___	