

# Stress Less Blood Pressure Challenge

## Participant Results Form

**Instructions:** (Measure your blood pressure at about the same times every day)

- For best results, sit comfortably with both feet on the floor for at least two minutes before taking a measurement. When you measure your blood pressure, rest your arm on a table so the blood pressure cuff is at about the same height as your heart.
- Record your blood pressure results on this form.
- Complete one of the stress-reduction activities in the binder and then re-take your blood pressure and record results on this form.
- After you have tracked your blood pressure before and after completing a stress reduction activity on ten separate days, submit the Evaluation Form to earn **15 Healthy Lifestyle Activity Points (HLAPs)** and be entered into a drawing for a **\$50 Corporate Reward gift card**.

This program may be completed twice per year for credit.

	Date	Initial BP	Activity #	Post BP
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

This form is just for your own records to help you track your results and will not need to be turned in.



Your personal health information will not be shared with anyone.

