



Participant Results Form

Instructions:

1. [Register](#) for the challenge.
2. View and download the [Challenge Packet](#) on the [Stress Less Blood Pressure Challenge](#) webpage.
3. Measure your blood pressure at about the same time 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.
4. Record your initial blood pressure results on the [Participant Results Form](#).
5. Complete one of the stress-reduction activities in the Challenge Packet, then re-take your blood pressure and record the results on the Participant Results Form.
6. After you have tracked your blood pressure before and after completing a stress-reduction activity on at least ten separate days, complete the online [Stress Less Blood Pressure Challenge Completion Form](#). Points will be updated in ADP by the 15th of the following month. * You will be entered into the seasonal drawing based on the date you complete the challenge. **

* This challenge can be completed once per reporting year (March - February) for points.

**All gift cards are subject to taxation.

This form is for your own records to help you track your results. Do not submit to Employee Wellness. Your personal health information will not be shared with anyone.

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