



Stress Less Blood Pressure Challenge

Participant Results Form

Instructions: (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.
- 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 at least ten separate days, submit the Stress Less Blood Pressure Challenge Evaluation Form to earn **15 Healthy Lifestyle Activity Points** and be entered into a drawing for a **\$100 Corporate Reward gift card***.

**All gift cards are subject to taxation.*

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

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.