

SODIUM LOG

June 2013

NAME _____

EMAIL: _____

EMPLOYER: _____

DEPARTMENT: _____

One goal of this challenge is to track your blood pressure levels. Use the table below to record your weekly blood pressure results. Blood pressure can easily be measured at a local grocery store or pharmacy.

	SYSTOLIC / DIASTOLIC		SYSTOLIC / DIASTOLIC	BLOOD PRESSURE LEVELS
Beginning Results	/	Week 3 Results	/	Normal = Lower than 120/80
Week 1 Results	/	Week 4 Results	/	Pre-hypertension = 120/80 to 139/89
Week 2 Results	/	Final Results	/	High Blood Pressure = 140/90 or Higher

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Sodium Log Instructions

- Track your sodium intake daily by reading food labels or using a [food database](#).
- Check off 1 salt shaker each time you consume 400 mg of sodium.
- If you do exceed 2,400 mg, check off the last shaker in red indicating you exceeded your daily allowance.
- The goal is to not check off any red shakers during the challenge, while also observing changes in blood pressure.



Submit your completed Sodium Log by **July 5** to the Wellness Coordinator

Email: michael.difilippo@healthsmart.com, Fax: (907) 297-7365

Remember to consult with your physician before changing your health habits. Good Luck!