Ask your doctor to help you fill out the information below.

**Blood Pressure Medicine:**

- What is my blood pressure reading in numbers?
- What is my goal blood pressure?
- Is there a healthy eating plan that I should follow to help lower my blood pressure and lose weight?
- Is it safe for me to do regular physical activity?
- What is the name of my medication? What is the generic name?
- What are the possible side effects of my medication?
- What time of day should I take my blood pressure medicine?
- Should I take it with or without food?
- What should I do if I forget to take my blood pressure medication at the recommended time?

**Special Instructions:**

Ask your doctor to help you fill out the information below.

**Questions To Ask Your Doctor If You Have High Blood Pressure**
**My Blood Pressure Diary**

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Location</th>
<th>Blood Pressure</th>
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**My Lifestyle Changes**

- Maintain a healthy weight.
- Do physical activity for 30 minutes most days of the week.
- Eat a diet high in fresh fruits and lowfat dairy products with reduced saturated and total fat.
- Choose foods that are lower in salt and other forms of sodium. Read food labels.
- If you drink alcohol, have no more than one drink a day for women, two drinks a day for men.
- Remember to take your blood pressure medicine.

**To Help Reduce High Blood Pressure**

Talk with your doctor about the lifestyle changes that are appropriate for you. Check off the lifestyle changes you are going to use to help lower your blood pressure.