

April Blood Pressure Tracking Challenge



WWW.TTUHSC.EDU/WORKFORCE-OVERALL-WELLNESS

High blood pressure can damage your heart and cause health problems if it remains elevated for an extended period of time. High blood pressure usually has no warning signs.

During the month of April, have your blood pressure checked twice a week. You can use your own cuff or have it checked at one of the many machines on your campus. For a listing of those, please visit the WOW! Website.

Sun	Mon	Tues	Wed	Thur	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Turn in your completed log to
Allison.Kerin@ttuhsc.edu by May 4th.

Name: _____
Campus: _____