

May 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.

MAY 2019						
SUN	MON	TUE	WED	THU	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	31	

Turn in your completed log
to HSCWellness@ttuhsc.edu by May 3rd.

Name: _____
Campus: _____