

Your Daily 8

Diet first, then exercise, then supplements.

No counting, no weighing, no perfect days. Check a box when you do it. A week with more checks than last week is a good week.

Today I...	M	T	W	T	F	S	S
1 Picked the lower-salt choice Read a label, skipped a salty packaged food or cooked at home (Ch. 11, 12)	☐	☐	☐	☐	☐	☐	☐
2 Moved on purpose for 20 minutes or more A brisk walk, bike or swim; 10-minute pieces count (Ch. 7, 8)	☐	☐	☐	☐	☐	☐	☐
3 Made half my plate vegetables and fruit At lunch and dinner (Ch. 11, 14)	☐	☐	☐	☐	☐	☐	☐
4 Ate a potassium food Beans or lentils, a potato, a banana, yogurt or greens* (Ch. 13)	☐	☐	☐	☐	☐	☐	☐
5 Stayed within my drink limit None is best (Ch. 15)	☐	☐	☐	☐	☐	☐	☐
6 Got up and walked every 30 minutes A few minutes when I'd been sitting (Ch. 10)	☐	☐	☐	☐	☐	☐	☐
7 Slept 7 or more hours last night (Ch. 20)	☐	☐	☐	☐	☐	☐	☐
8 Did strength or handgrip exercise 2 to 3 days a week; the other days are rest days (Ch. 9)	☐	☐	☐	☐	☐	☐	☐
Checks this week: _____ Last week: _____							

*Potassium-rich foods are a good daily habit for most people. If you have kidney disease or take a pill that holds on to potassium, ask your doctor how much potassium food is right for you (Chapter 3).

Start with the box you check least. That's where you have the most room to improve, so change that habit first. Add the next one when it feels normal. New to this? Start with boxes 1, 2 and 3 for the first month (Chapter 27).

Moderation, not perfection. A diet you can't keep up is pointless. You don't need someone else's plan. Shape the way you already eat around these basics, and keep the foods you love in smaller amounts.

From *Your Blood Pressure by the Numbers* by Dr. Ryan Kasky, DO · bythenumbershealth.com/bp · For education only, not medical advice. Talk with your doctor before changing your eating, exercise, supplements or medicines.