

FEBRUARY 2023 TRACKER

i take care of my heart

NAME: _____ DEPT: _____ PHONE: _____

| 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 | | | | |

Choose from the following activities that you do not do routinely. Write the corresponding number on the calendar. Try to vary activities:

1. No red meat
2. Eat 1 serving of non-fried fish
3. No fried food
4. Eat 3 cups of veggies & fruit
5. Eat 25-35 grams of fiber
6. Eat less than 1500 mg of sodium
7. No added sugar today (including drinks)
8. Exercise 30 minutes
9. No alcohol
10. No caffeine
11. No smoking
12. Do relaxation breathing or meditate
13. Sleep 7 hours
14. Get out in nature
15. Take your BP & contact your doctor if too high
16. Take Omega 3 fatty acid (fish oil) or Vitamin D supplement w/Doctor approval
17. Read about heart healthy diets: See links
18. My own heart healthy activity:

CHALLENGE PERIOD: FEBRUARY 1 - 28, 2023

For more info on heart disease prevention, follow the links below.
[American Heart Association](#) [CardioSmart](#) [WebMD](#) [US News Health](#)

Complete 25 out of 28 days to be entered in a drawing to win a gift certificate.