Cut to 3.5 x 4.25

Ingredients for a healthy heart:

1. Check BP regularly & keep it under control.
2. Don't smoke.
3. Eat foods that are low in saturated fats & cholesterol.
4. Maintain proper weight.
5. Exercise regularly.
6. Have quiet time daily.
7. Maintain supportive relationships with family & friends.
8. Lovingly accept yourself. You are a wonderful part of God's creation.

Blood Pressure Record

Date	Blood Pressure

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