Blood Pressure:

One day at a time!

Prepared by Florita Blake

WEIGHT:_____

Key

☐ I Did It!

☐ Will try again

SELF-CARE
Ideas

www.BeautyAndBrainsGirls.com

Sleep

Juicing/Blending

Breakfast

Water

Read

Dale Kreydl

Fruit

LuLu and Mommy Time

Exercise

Stay in Touch- Family Members

Samples