

PATIENT

Full legal name _____

PLAN

Target BP — below ____/____

if left blank, AHA guideline of 130/80 is used

BP medicine, times per day: ☐ 0 ☐ 1 ☐ 2 ☐ 3

☐ More than 3 — how many a day? _____

Escalation threshold — alert if BP reaches ____/____

if left blank, AHA guideline of 180/120 is used

PHYSICIAN

Name _____

Signature _____ Date _____

By signing, I confirm this patient is suitable and this plan is my direction.
Not suitable if — BP is 180/120 or higher today · pregnant or planning pregnancy · blood pressure swings widely (labile) · any condition that makes the standard AHA targets unsafe.

The change — what to aim for
Impact & limits — avg. drop in systolic BP, mm Hg
Your physician's plan (leave blank to include)
 WEIGHT
☐ **Lose weight**

If above ideal weight, lose at least 5%.

6-8 
Not if underweight, frail, or losing weight unintentionally.

☐ exclude Comment: _____

Target weight _____ lb / kg (circle unit) · if left blank, AHA target of 5% loss is used

 FOOD & DRINK
 DASH diet (plant-rich)

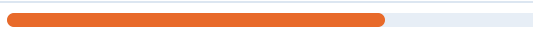
More veg, fruit, nuts, whole grains; less sugar & processed.

5-8 
Allergies: ☐ nuts ☐ (shell)fish ☐ dairy ☐ gluten ☐ soy ☐ legumes

☐ exclude Comment: _____

 Less salt

Under 2,300 mg sodium a day — under 1,500 is better.

6-8 
Not if the patient is on lithium — lithium needs a steady salt intake.

☐ exclude Comment: _____

 Salt substitute

Swap ordinary salt for a potassium salt substitute.

5-7 
Not in chronic kidney disease (any stage) or hyperkalemia.

☐ exclude Comment: _____

 More potassium

3,500–5,000 mg a day from food — leafy greens, beans, potatoes.

6 
Not in chronic kidney disease (any stage) or hyperkalemia.

WARFARIN ☐ keep vitamin K (leafy greens) steady, do not increase.

☐ exclude Comment: _____

 Less alcohol

None is best. Else max 2/day (men), 1/day (women).

4-6 
☐ exclude Comment: _____

 EXERCISE
 Cardio (Aerobic)

Brisk walking, cycling, swimming. 90–150 min a week.

4-8 
Not safe at the standard target? Tick exclude to drop it, or keep it with no weekly target.

☐ exclude Comment: _____

☐ Include, no weekly target Comment: _____

 Strength (Resistance)

Weights, bands or body-weight moves. 90–150 min a week.

2-7 
Not safe at the standard target? Tick exclude to drop it, or keep it with no weekly target.

☐ exclude Comment: _____

☐ Include, no weekly target Comment: _____

 Isometric

Handgrip 4 × 2 min, 3× a week. No gym needed.

5-10 
Not while a BP reading is 180/120 or higher.

☐ exclude Comment: _____

 STRESS
 Meditation

Transcendental meditation — two 20-min sessions a day.

5-7 
☐ exclude Comment: _____

 Slow breathing

Device-guided, under 10 breaths a minute, 15 min a day.

5 
☐ exclude Comment: _____

Impact = avg. drop in systolic BP, mm Hg in adults **who already have hypertension** — across many people, measured differently, not directly comparable (2025 AHA/ACC, Table 12). The guideline lists **smaller** reductions for people who do not yet have hypertension. **Physician:** tick **exclude** to switch a change off.