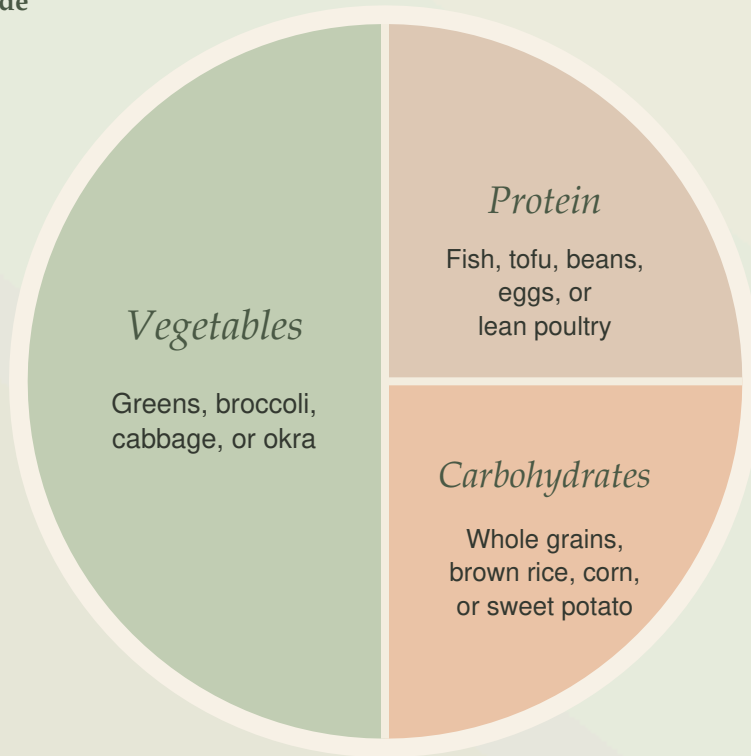


Nutrition

Plate guide



Everyday choices



Choose water

Swap soda or sweet coffee drinks for water.



Add fiber

Try beans, oats, vegetables, and whole fruit. Increase slowly.



Compare labels

Choose less of all three:
Less added sugar
Less sodium
Less saturated fat

Meal prep: try frozen vegetables and no-salt-added canned foods. Beans provide protein and carbs.

My next step

One food or drink swap I will try:

Sources: CDC: Meal Planning; NIH: Heart-Healthy Foods

General education for adults. Your healthcare team can tailor these steps to you.

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Exercise

Moderate activity

150

Minutes / week

You can talk, but cannot comfortably sing.



Start small

Try a 10-minute walk between classes or after work. Short sessions count.



Strength training

2

Days / week

New to it? Try bodyweight squats, push-ups, and planks. Build gradually.



Find your people

Invite people for a walk, try a group class, or train with friends for a 5K for a cause that resonates with you.

My next step: plan my week

Write in your activities and minutes. Include strength sessions and rest days.

MON	TUE	WED	THU	FRI	SAT	SUN

Adapt activity to your abilities. If medicine can cause low blood sugar, make a plan. Stop for chest pain, faintness, or unusual breathlessness; get urgent help for severe symptoms.

Sources: CDC: Adult Activity

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Sleep

7+

Hours each night

All adults should aim for at least 7 hours of sleep.

Stay consistent

Choose similar bedtimes and wake-up times, even on weekends.



Build your wind-down routine



During the day

Take a walk break. Skip late-day caffeine, including energy drinks.



30 minutes before

Pause scrolling and gaming. Read, stretch, pray, or play quiet music.



At bedtime

Keep the room cool, dark, and quiet. Avoid large meals and alcohol.

Ask for care: loud snoring, gasping, or ongoing tiredness. Do not drive sleepy.

My next step

Wind-down time: _____ Wake-up time: _____

Sources: CDC: About Sleep; NIH: Sleep Apnea

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Stress Management

1

Minute reset

A short pause can make room for your next step.

01

Release

Relax your shoulders.



02

Breathe

Breathe slowly and gently.

03

Ground

Feel your feet on the floor.

04

Refocus

Choose one helpful next step.

Make space for what helps



Unwind

Unwind without your phone. Walk, journal, pray, or get outside.



Protect basics

Build meals, movement, and sleep into work or school days.



Connect

Check in with a friend. Ask for specific help.

If worry or low mood disrupts daily life, seek support, especially after 2 weeks. Get help sooner for severe symptoms. If slow breathing makes you dizzy, breathe normally.

Call or text 988

Free, confidential, 24/7 U.S. support. Immediate danger: 911.

My next step

My daily reset or support person:

Sources: CDC: Managing Stress; NIMH: Mental Health

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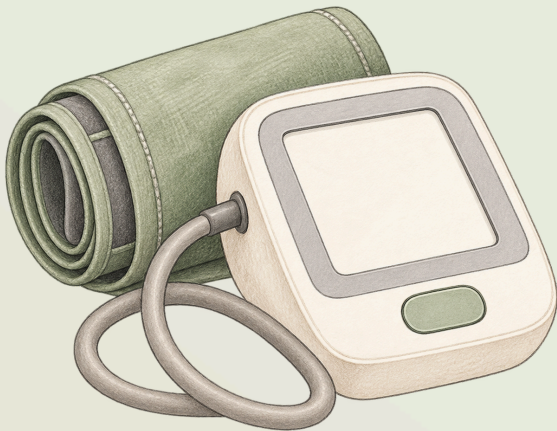
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Blood Pressure



Know your numbers

Adult category	TOP		Bottom
Normal	<120	AND	<80
Elevated	120-129	AND	<80
High: stage 1	130-139	OR	80-89
High: stage 2	140+	OR	90+

Units: mm Hg. Use the higher category. One screening usually does not diagnose hypertension. Share repeated high readings with your clinician.

Daily steps: move more, choose less sodium, and take prescribed medicines.

Get a reliable home reading

30

Minutes before

No caffeine, smoking, or exercise. Empty your bladder.

5

Minutes rest

Sit quietly: back supported, feet flat, arm at heart level.

2

Readings

Use a validated upper-arm cuff that fits, on bare skin. No talking. Take readings 1 minute apart.

Over 180 top OR over 120 bottom?

With chest pain, breathlessness, weakness, vision changes, or trouble speaking: call 911. Without symptoms: recheck after at least 1 minute. If still this high, contact a clinician immediately. Call 911 for stroke or heart attack symptoms at any reading.

My next step

My reading: ____ / ____ Follow-up: _____

Sources: AHA: Categories & Home Monitoring. Adult guidance; pregnancy requires separate advice.

General education for adults. Your healthcare team can tailor these steps to you.



Diabetes

A1C



<5.7%

Usual range

5.7-6.4%

Prediabetes

6.5%+

Diabetes range

A1C reflects average blood sugar over about 3 months. A diabetes-range result usually needs confirmation. A health-fair finger-stick is not a diagnosis. Pregnancy, anemia, and some blood conditions affect A1C.

Next step: testing / prevention program / follow-up

If you have prediabetes

150

Minutes / week

Build toward moderate activity.
Short walks count.

5-7%

Weight loss

If you are overweight, this can
lower your risk. At 200 lb: 10-14
lb.



Get support

Ask about a CDC-recognized
Diabetes Prevention Program.
Healthy habits help even without
weight loss.

Already have diabetes? Ask about education, your A1C goal, and eye, kidney, and foot checks. Take prescribed medicines.

Low blood sugar: the 15-15 rule

Below **70 mg/dL** and able to swallow: take **15 g fast-acting carbs** (1/2 cup juice). Recheck in **15 minutes**; repeat if still below 70. Then eat a snack or meal.

Unconscious, seizure, or unable to swallow: call 911, give glucagon if available, and give nothing by mouth.

Sources: CDC: Testing; CDC: Care Schedule; CDC: Prediabetes; CDC: Low Blood Sugar

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Spiritual Health

*A*cceptance

*S*ecurity

*I*dentify

*P*urpose



We all seek acceptance, security, identity, and purpose.
True fulfillment in each is found only in Jesus Christ.

Prayer

Talk with the Lord honestly.
Bring Him your gratitude,
needs, and questions.

Read His Word

Read the Bible to know Him.
Reflect on His truth and
put it into practice.

Godly community

Find a church home.
Worship, grow, and serve
alongside other believers.

One step: invite Him in

Lord, I invite you into my life. Help me seek fulfillment in you, not the things of this world. In Jesus' name I pray, Amen.

My next step to build a more intimate relationship with the Lord:



Meal Log

Name _____ Date _____

Record meals, snacks, and drinks throughout the day.
Use notes for hunger, energy, mood, or anything that affected your choices.

Meal / time	Food and drinks	Amount	Notes / how I felt

What I noticed

One small change I want to try



Blood Pressure Log

Name

Week of

Record blood pressure in mm Hg and pulse in beats per minute.
Follow your healthcare team’s measurement plan and bring this log to your next visit.

My blood-pressure goal:

Date	Time	Reading 1	Reading 2	Pulse	Notes
	AM	/	/		
	PM	/	/		
	AM	/	/		
	PM	/	/		
	AM	/	/		
	PM	/	/		
	AM	/	/		
	PM	/	/		
	AM	/	/		
	PM	/	/		
	AM	/	/		
	PM	/	/		
	AM	/	/		
	PM	/	/		
	AM	/	/		
	PM	/	/		

Notes or questions for my healthcare team

My next step

Blood Glucose Log

Name

Week of

My glucose targets (mg/dL), set with my healthcare team

Before meals:

After meals:

At bedtime:

After-meal timing: hours after the first bite of the meal.

Check only at the times recommended by your healthcare team.

Date	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	

Notes: meals, activity, symptoms, or medicines

Use the check times and targets agreed with your healthcare team.

My next step / question for my healthcare team

Lifestyle Intake

Name _____ Date _____

Nutrition

What did you have most recently? Include foods, drinks, and approximate amounts.

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Beverages _____

Exercise

Usual activities / exercise: _____

Days per week: _____ Minutes per session: _____ Usual days / times: _____

Sleep

Usual bedtime: _____ Wake time: _____ Hours per night: _____

Sleep habits / quality: _____

Weekend or shift changes: _____

Stress

Average stress level (circle): 0 1 2 3 4 5 6 7 8 9 10 0 = none 10 = extreme

How do you manage stress? _____

Alcohol: Yes / No Smoking/vaping: Yes / No Drugs: Yes / No

Spiritual health

How would you describe your spiritual health? _____

What supports it, or what would you like to strengthen? _____

