



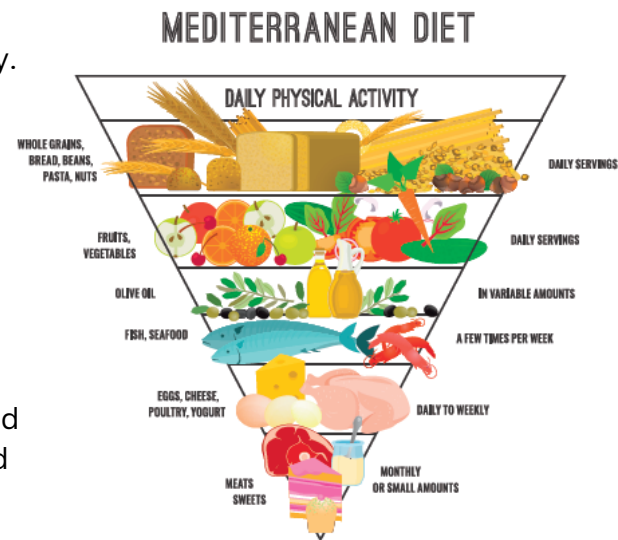
My Daily Activity Log

My Exercise Log:

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[illegible]

- Eat a diet of whole foods, fruits, and vegetables. Studies show that consumption can lower your stroke risk significantly.
- Prepare your own food as much as possible. Pre-prepared foods (from a can, box, or restaurant) are often higher in salt, sugar, and fat.
- Consider a “Mediterranean Diet,” as it has been shown to increase overall heart and blood vessel health.
- Consume less than 1,500 mg of salt (sodium) per day and avoid salty food items including table salt, soy sauce, fish sauce, and canned meat.

[illegible]