

# help: blood pressure diary

Name.....

Address.....

.....

.....

.....

Telephone/Mobile.....

Email.....

Age Group.....

Male/Female.....

## Notes:

### How many sachets of help: blood pressure do I need to take every day to begin to see a benefit?

Each 4g sachet of help: blood pressure contains 0.38g of Dairy Peptides (milk protein) which contributes half of the required daily intake. Therefore we ask you to take **two sachets per day** during the trial.

### Diary Entries

We ask that you note your blood pressure at the beginning of week 1 and continue to monitor and log your blood pressure either weekly or at the end of the 6 week period.

### On Completion

Send your completed **blood pressure diary to [mybloodpressure@workswithwater.co.uk](mailto:mybloodpressure@workswithwater.co.uk)**

### Terms & Conditions

Should you agree to take part in Case Study Trials, or submit your story, you agree to grant us an exclusive, irrevocable, perpetual license to use your story worldwide on the site and on any other Works With Water Nutraceuticals group company website which sells or markets the Products and in our marketing materials and for any other business purposes. We will keep your full name and personal details anonymous unless you request otherwise.



# Blood Pressure Diary ~ WEEK 1

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## Welcome to your blood pressure diary

Thank you for agreeing to help us with our study. Here are some points to bear in mind when filling in your diary.

- **Tell us about your blood pressure history**

- **Food & Drink** are there some foods or beverages that you think negatively affect you blood pressure ~ have you been indulging today?

- **Medication** are you on any prescribed medication for your blood pressure condition?

- **Day to day stresses** what did you do during the day ~ has it been more stressful than usual?

DAY 1	DAY 2	DAY 3	DAY 4
Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:

DAY 5	DAY 6	DAY 7
Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:



# Blood Pressure Diary ~ WEEK 2

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Don't despair if you haven't seen a reduction in your blood pressure, it's only the start of week 2...

DAY 1	DAY 2	DAY 3	DAY 4
Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:

DAY 5	DAY 6	DAY 7
Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:



# Blood Pressure Diary ~ WEEK 3

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What changes have you noticed?

In clinical trials, the data indicated a maximum of 15mmHg reduction in systolic pressure after two to four week's consumption.

DAY 1	DAY 2	DAY 3	DAY 4
Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:

DAY 5	DAY 6	DAY 7
Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:

CATEGORY	SYSTOLIC (mmHg) Top Number	and	DIASTOLIC (mmHg) Bottom Number	BLOOD PRESSURE READINGS
Normal*	Below 120	and	Below 80	Below 120/80
Prehypertension	120-139	or	80-89	120/80 - 139/89
Stage 1 Hypertension	140-159	or	90-99	140/90 - 159/99
Stage 2 Hypertension	160 or higher	or	100 or higher	160/100

# Blood Pressure Diary ~ WEEK 4

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Have you seen a reduction in your systolic or diastolic pressure?

By week 4, case study participant Karen's blood pressure went from 168/108 to 135/94 ~ which is just outside the usual range.

DAY 1	DAY 2	DAY 3	DAY 4
Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:

DAY 5	DAY 6	DAY 7
Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:



# Blood Pressure Diary ~ WEEK 5

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**One week to go**  
Compare this week's blood pressure reading with your initial reading

	DAY 1	DAY 2	DAY 3	DAY 4
	Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:
DAY 5	DAY 6	DAY 7		
Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:		



# Blood Pressure Diary ~ WEEK 6

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## Last Week! Now Compare this week's reading with week 1

What differences can you see?

Has your blood pressure reduced?

How are you feeling in yourself?

In clinical trials, the data indicated a maximum of 15mmHg reduction in systolic pressure after two to 4 weeks consumption.

The good news is that a reduction in systolic blood pressure of 3~5mmHg is associated with a decrease in the risk for stroke of approximately 15% and coronary heart disease of approximately 10%

DAY 1	DAY 2	DAY 3	DAY 4
Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:

DAY 5	DAY 6	DAY 7
Number of sachets consumed today:	Number of sachets consumed today:	Number of sachets consumed today:



**Additional Notes:**

