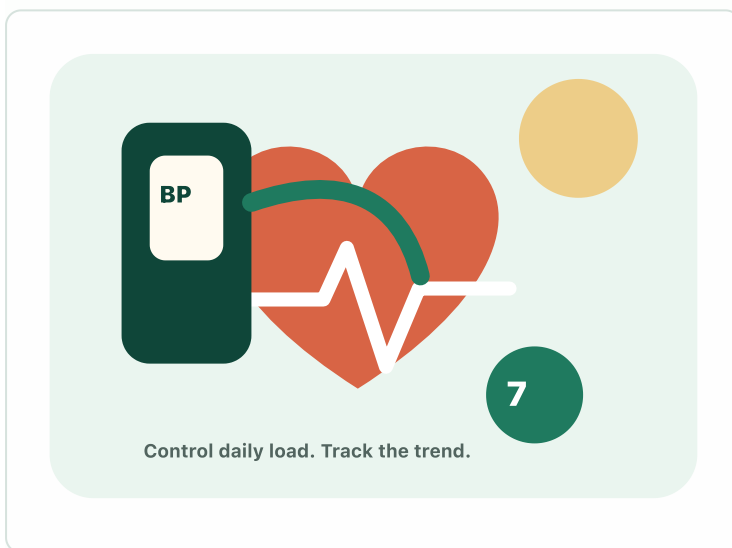


First 7 Days of the 60-Day BP Control Guide

Measure correctly, remove the first pressure spikes, and start the 60-day control routine.



Measure

Only enough to get a clean baseline.

Remove spikes

Sweet drinks, alcohol, tobacco triggers, sodium traps.

Start control

Food, walk, sleep, breath, environment.

5

quiet minutes

2x

repeat and average

7

days from the 60-day plan

Quick Measurement Setup

Keep this short. Measurement is the setup, not the whole product.

Avoid before reading

- Empty bladder
- No caffeine, smoking, exercise, or stairs for 30 minutes

Do instead

- Sit quietly for 5 minutes
- Back supported, feet flat, arm at heart level
- Take 2 readings 1 minute apart and average



Control daily load. Track the trend.

Days 1-7: Baseline + Spike Removal

Measurement only as a setup; remove liquid sugar, alcohol, smoking triggers, and obvious sodium traps.

Day 1

Set the cuff station and take AM/PM readings.

Day 2

Remove sweet drinks; use water, soda water, lime, unsweetened tea.

Day 3

Pause alcohol for the first week.

Day 4

Identify salty packaged foods at home.

Day 5

Walk 10 minutes after one main meal.

Day 6

Sleep 30 minutes earlier.

Day 7

Average the week and write doctor questions.

Rule

Do not chase perfection in week 1. Remove the obvious pressure spikes and learn your pattern.

The First Food Reset

Remove liquid sugar and obvious sodium snacks.

Breakfast

Protein first: eggs, curd, besan chilla, dal cheela.

Lunch

Half vegetables, protein, measured rice/roti.

Dinner

Earlier, lighter, less salty, less fried.

Sodium traps

- Namkeen
- Papad/pickle
- Instant food
- Restaurant gravy

Better defaults

- Roasted chana
- Curd
- Dal/sabzi
- Fruit if suitable

Walk, Yoga, Breath

10-minute post-meal walk.



Food

Build the BP plate, lower sodium traps, increase potassium-rich whole foods when safe.

Movement

Walk daily, add post-meal walks, then add strength work.

Yoga + breath

Use gentle poses and slow breathing to downshift the nervous system.

Sleep

Protect 7 hours, screen for snoring and sleep apnea.

Substances

Remove smoking, reduce alcohol, test caffeine response.

Environment

Design home, office, and travel routines that make control easier.

10

minutes after one meal

6

slow breathing rounds

3

gentle yoga poses

Sleep, Stress, Substances

Pause alcohol, avoid tobacco exposure, and protect sleep.

Alcohol

Pause for first week; it raises BP and worsens sleep.

Tobacco

Remove smoking exposure and choose quit support if needed.

Caffeine

No caffeine before readings; test your response.

Sleep

Move bedtime 30 minutes earlier and keep wake time stable.

Environment

Put cuff, log, walking shoes, and home snacks where the right choice is easy.

From 7 Days to 60 Days

The goal is not one perfect reading. The goal is a repeatable 60-day system that lowers daily pressure load.

Next phase	Focus	What changes
Days 8-14	BP Plate + Sodium Reset	Vegetables, protein, measured carbs, home food, low-packaged-food week.
Days 15-21	Walking + Yoga Foundation	Daily walking, post-meal walks, gentle yoga, breath practice.
Days 22-28	Sleep + Stress Repair	Earlier dinner, fixed wake time, sleep-apnea signals, downshift routines.
Days 29-35	Weight + Insulin Resistance	Liquid sugar removal, protein breakfast, meal timing, waist tracking.
Days 36-42	Alcohol, Tobacco, Caffeine	Substance audit, quit support, caffeine test, weekend plan.
Days 43-50	Strength + Environment	Resistance training, desk routine, home food defaults, travel kit.
Days 51-60	Sustain + Doctor Review	Averages, medicines discussion, family routine, relapse plan.

The 60-Day Blood Pressure Control Guide

Food, walking, yoga, sleep, substances, stress, and home routines spread across 60 practical days.