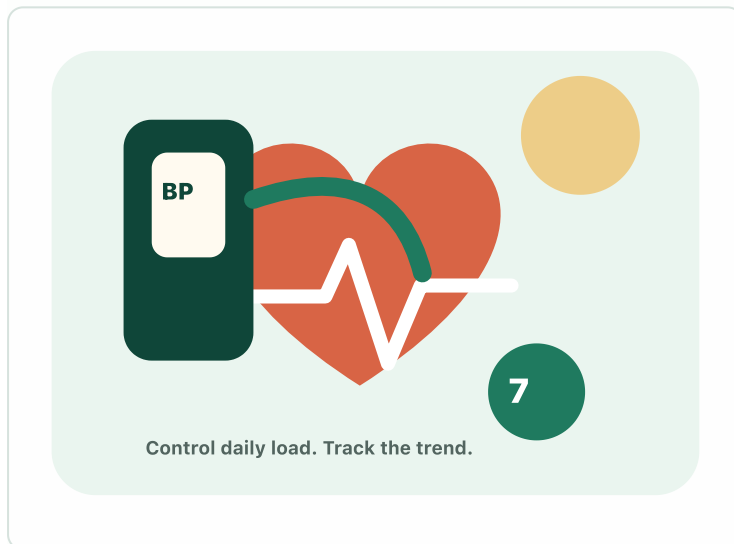


60-Day BP Control Guide ke First 7 Days

Sahi measurement, first pressure spikes remove, aur control routine ka start.



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

Isko short rakhiye. Measurement setup hai, poora product nahi.

Avoid before reading

- Bladder empty
- 30 min no caffeine, smoking, exercise, stairs

Do instead

- 5 min quietly sit
- Back supported, feet flat, arm heart level
- 2 readings lo, 1 min gap, average likho



Control daily load. Track the trend.

Days 1-7: Baseline + Spike Removal

Measurement setup only; sugar drinks, alcohol, tobacco triggers, sodium traps remove.

Day 1

Cuff station set kijiye aur AM/PM readings lijiye.

Day 2

Sweet drinks remove; water, lime, unsweetened tea use kijiye.

Day 3

First week alcohol pause kijiye.

Day 4

Ghar ke salty packaged foods identify kijiye.

Day 5

Ek main meal ke baad 10 min walk.

Day 6

30 min earlier sleep.

Day 7

Week average aur doctor questions likhiye.

Rule

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

The First Food Reset

Liquid sugar aur sodium snacks remove.

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

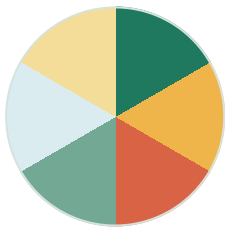
- Namkeen
- Papad/pickle
- Instant food
- Restaurant gravy

Better defaults

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

Walk, Yoga, Breath

10-minute post-meal walk.



Food

BP plate, sodium traps kam, safe potassium-rich foods add.

Movement

Daily walk, post-meal walk, phir strength.

Yoga + breath

Gentle yoga + slow breathing for nervous-system downshift.

Sleep

7 hours protect, snoring/sleep apnea check.

Substances

No tobacco, alcohol reduce, caffeine response test.

Environment

Home/office/travel ko BP-control friendly banao.

10

minutes after one meal

6

slow breathing rounds

3

gentle yoga poses

Sleep, Stress, Substances

Alcohol pause, tobacco exposure avoid, sleep protect.

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

Perfect reading nahi chahiye. Repeatable system chahiye jo 60 din mein pressure load kam kare.

Next phase	Focus	What changes
Days 8-14	BP Plate + Sodium Reset	Veggies, protein, measured carbs, home food, packaged food kam.
Days 15-21	Walking + Yoga Foundation	Daily walk, post-meal walk, gentle yoga, breathing.
Days 22-28	Sleep + Stress Repair	Early dinner, fixed wake time, snoring check, stress downshift.
Days 29-35	Weight + Insulin Resistance	No liquid sugar, protein breakfast, meal timing, waist tracking.
Days 36-42	Alcohol, Tobacco, Caffeine	Substance audit, quit support, caffeine response, weekend plan.
Days 43-50	Strength + Environment	Strength, 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

Khana, walking, yoga, sleep, alcohol/tobacco, caffeine, stress aur environment ka practical 60-day system.