



Progress Chart

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	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
* 5 times a week minimum	Date _____ Score _____	Date _____ Score _____	Date _____ Score _____	Date _____ Score _____	Date _____ Score _____	Date _____ Score _____
	Date _____ Score _____	Date _____ Score _____	Date _____ Score _____	Date _____ Score _____	Date _____ Score _____	Date _____ Score _____
	Date _____ Score _____	Date _____ Score _____	Date _____ Score _____	Date _____ Score _____	Date _____ Score _____	Date _____ Score _____
	Date _____ Score _____	Date _____ Score _____	Date _____ Score _____	Date _____ Score _____	Date _____ Score _____	Date _____ Score _____
	Date _____ Score _____	Date _____ Score _____	Date _____ Score _____	Date _____ Score _____	Date _____ Score _____	Date _____ Score _____
	Date _____ Score _____	Date _____ Score _____	Date _____ Score _____	Date _____ Score _____	Date _____ Score _____	Date _____ Score _____
	Date _____ Score _____	Date _____ Score _____	Date _____ Score _____	Date _____ Score _____	Date _____ Score _____	Date _____ Score _____
		Blood Pressure Systolic _____ Diastolic _____		Blood Pressure Systolic _____ Diastolic _____		Blood Pressure Systolic _____ Diastolic _____

* Wait at least two hours after therapy to take blood pressure. To ensure accurate blood pressure reading, it is suggested to take two or more readings, at least two minutes apart, and average the readings.

* Do not use Zona PLUS or reduce medication without first consulting with your physician