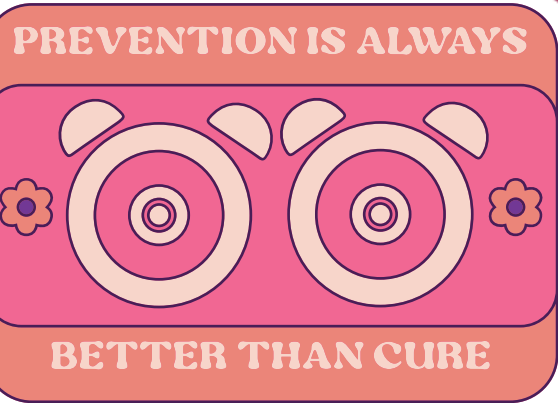


LINKAGE EARLY DETECTION & PREVENTION PROGRAM



My Safety Plan



Remember:
Help is always available.



1

My warning signs are:

*These can be thoughts, feelings or behaviors that indicate you are at risk.

2

My effective coping strategies are:

*These are things you can do to help lift your mood, like meditation or exercise.

3

People I can reach out to for distraction:

4

People I can reach out to for help:

5

Steps I can take to make my environment safer. Please list:

6

In the event of a crisis:

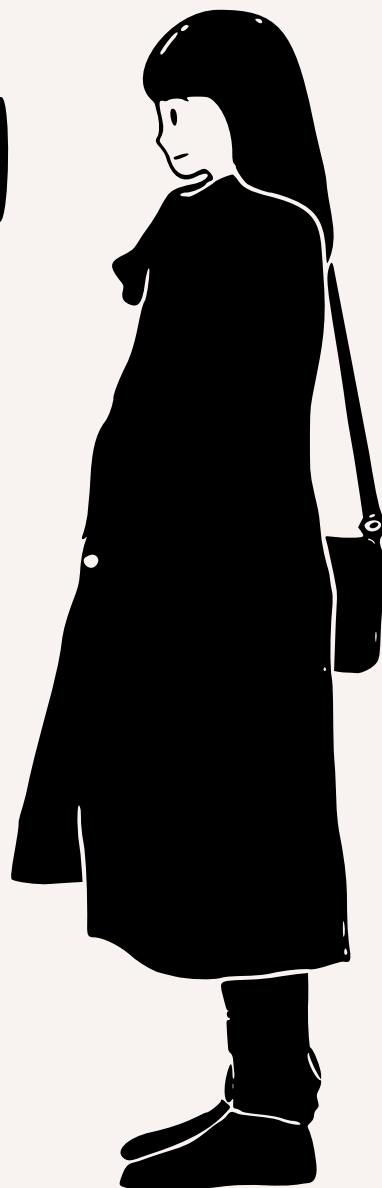
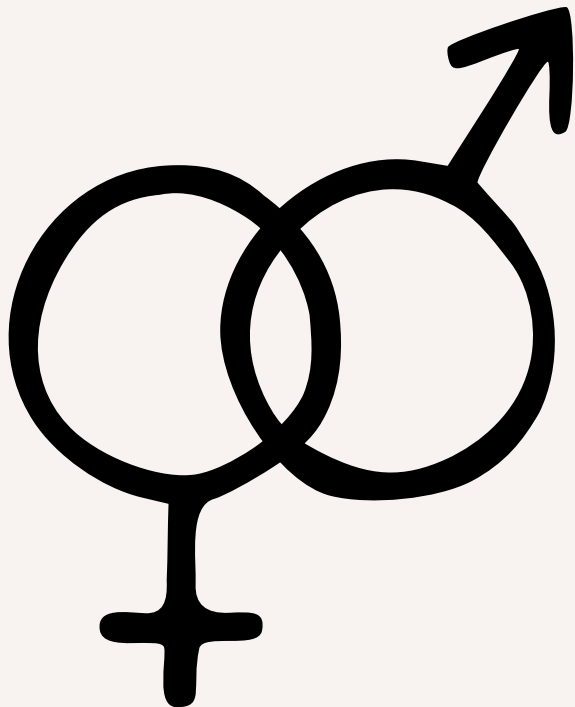
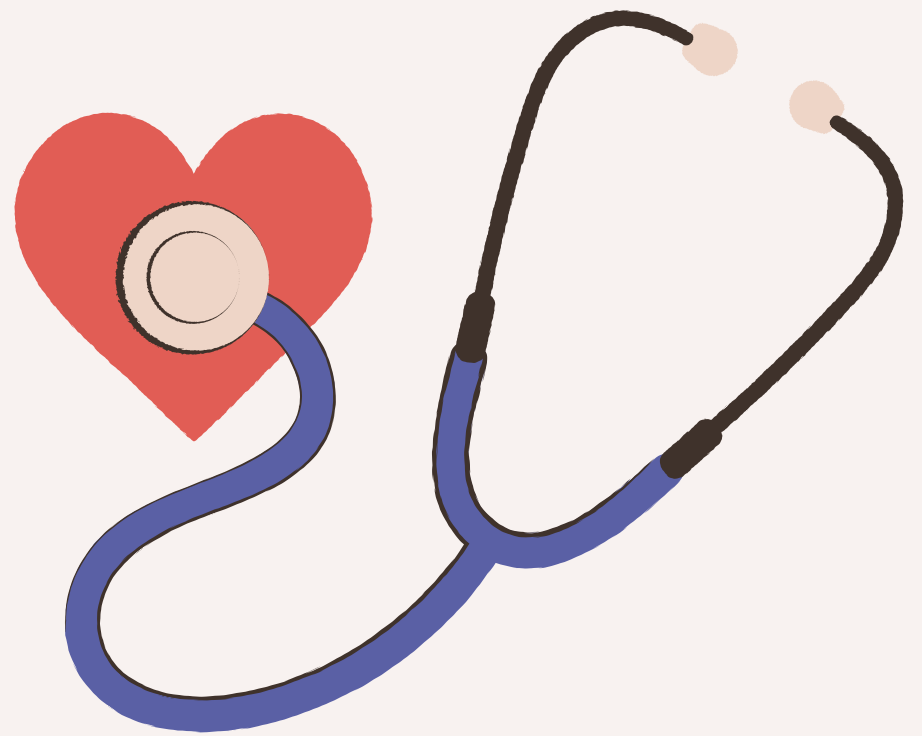
Call Emergency Contact #1:
Call Crisis Hotline:
Call Emergency Services:



Notes

A hand-drawn notepad with a scalloped left edge and a clip on the top right. It contains six horizontal lines for writing.A hand-drawn notepad with a scalloped left edge and a clip on the top right. It contains six horizontal lines for writing.

*Keep Track of your
Health & Wellness,
Both Women and
Men.*



Have you made your Annual Physical, Womens Health OR Men's Health Appointments Yet?

LINKAGE EARLY DETECTION & PREVENTION PROGRAM



ANNUAL CHECK-UP APPOINTMENT TRACKER

STAY UP TO DATE WITH YOUR BREAST CARE ANNUALLY, AFTER AGE 35

[illegible]



Medication TRACKER



Day/Date	Medicine	Dose	Morning	Noon	Evening
					
					
					
					
					
					
					
					
					
					

Notes

Weekly MEAL PLAN

Notes

A hand-drawn sketch of an open notebook. The notebook is oriented vertically. It has two pages visible, both of which are white and feature horizontal ruling lines. The lines are drawn in a simple, slightly wavy manner. The notebook's cover is represented by a dark, irregular border around the pages. On the left side, there is a small tab or notch. On the right side, there are two small loops or tabs, one near the top and one near the bottom, suggesting where the pages might be bound or folded. The overall style is that of a quick, gestural drawing.

Fitness Goals

Weekly Checklist

Plan
Workouts

Schedule workouts like any other appointment.

Mix It
Up

Include cardio, strength, and flexibility exercises.

Stay
Hydrated

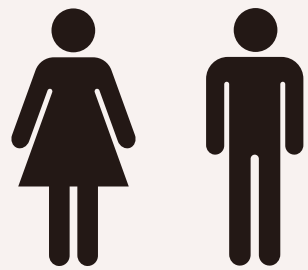
Keep a large water bottle handy at all times.

Track
Progress

Note your workouts and any improvements.

Notes

Blood Pressure Tracker Sheet



Linkage Blood Pressure Tracker Sheet Notes

A simple, clear layout you can use to track daily blood pressure readings, symptoms, and notes.

Daily Blood Pressure Log

Date	Time	Systolic (Top #)	Diastolic (Bottom #)	Heart Rate	Symptoms	Notes



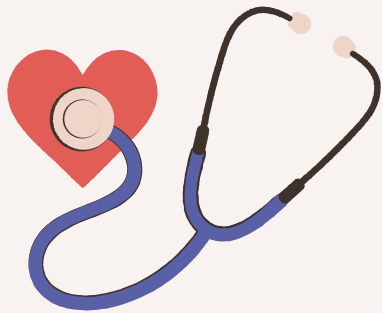
Weekly Summary

Week	Average Systolic	Average Diastolic	Average Heart Rate	Notes



Medication & Lifestyle Tracking

Date	Medication Taken	Dosage	Exercise	Diet Notes	Stress Level (1- 5)



Key Blood Pressure Ranges

- Normal: Less than 120 / 80
- Elevated: 120–129 / less than 80
- High (Stage 1): 130–139 / 80–
- High (Stage 2) 89 140+ / 90+



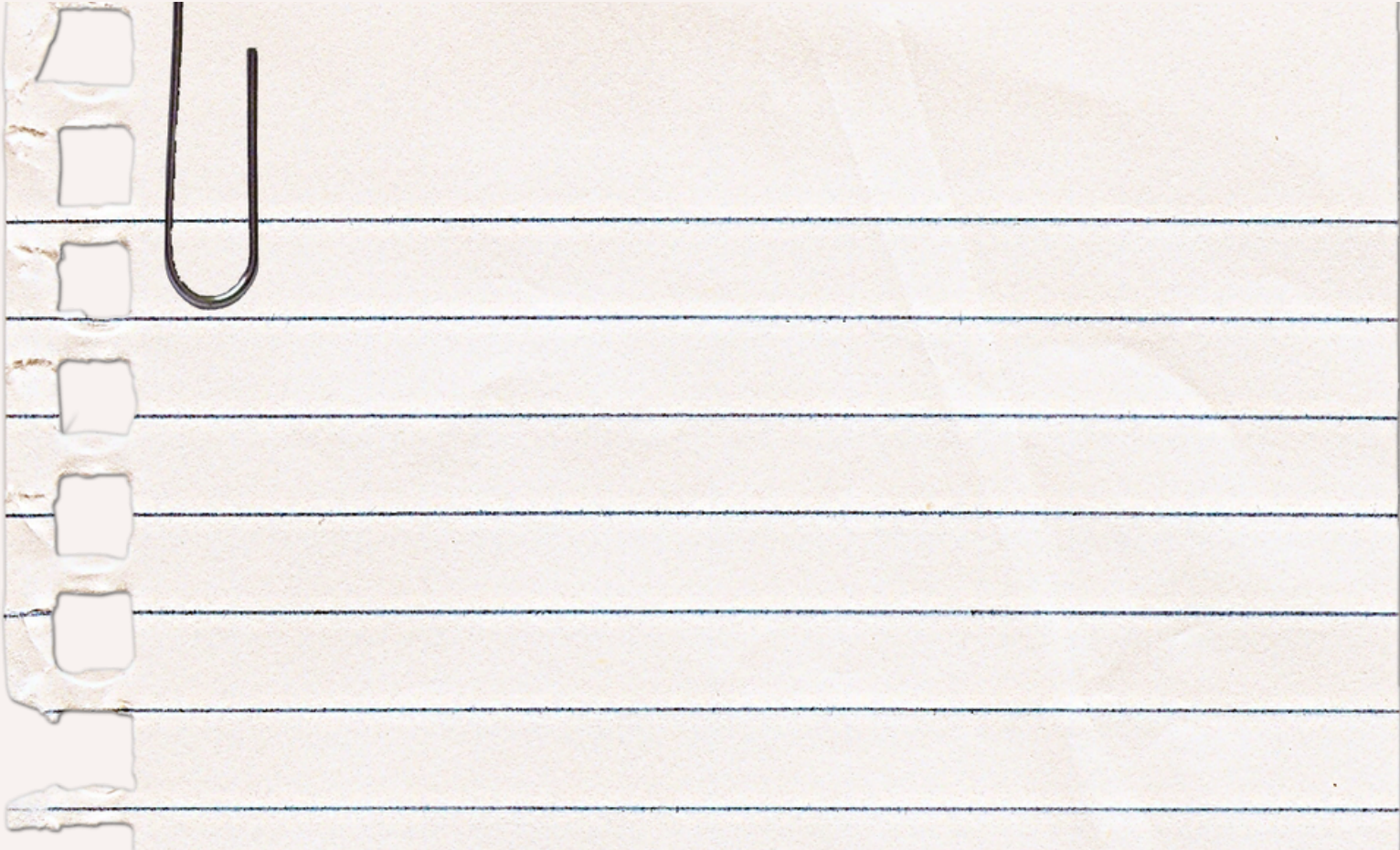
Tips for Accurate Tracking

- Sit quietly for 5 minutes before measuring.
- Keep feet flat on the floor and arm supported at heart level.
- Avoid caffeine, smoking, or exercise 30 minutes before measuring. Take readings at the same time each day.



Monthly Overview

Month	Avg Systolic	Avg Diastolic	Avg Heart Rate	Notable Changes



LINKAGE WELLNESS INSTITUTE

We bend!

We don't break!

*We rise, we heal, and we
grow stronger!*

@LINKAGELOVE

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"DEDICATED TO THE PHYSICAL HEALTH AND MENTAL WELLNESS OF INDIVIDUALS
AFTER CANCER DIAGNOSIS OR LIFE TRAUMA"

