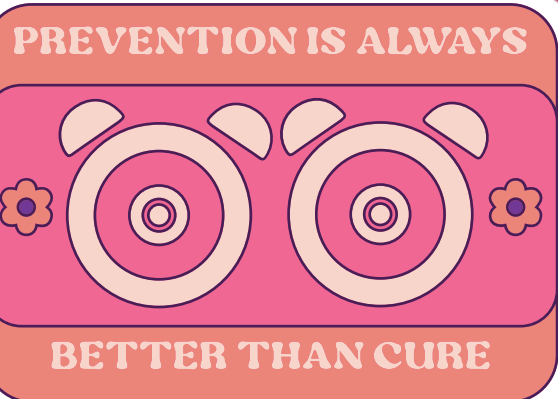
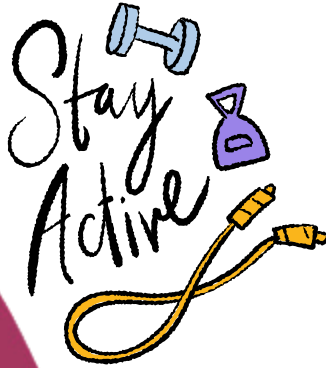


LINKAGE EARLY DETECTION & PREVENTION PROGRAM



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:

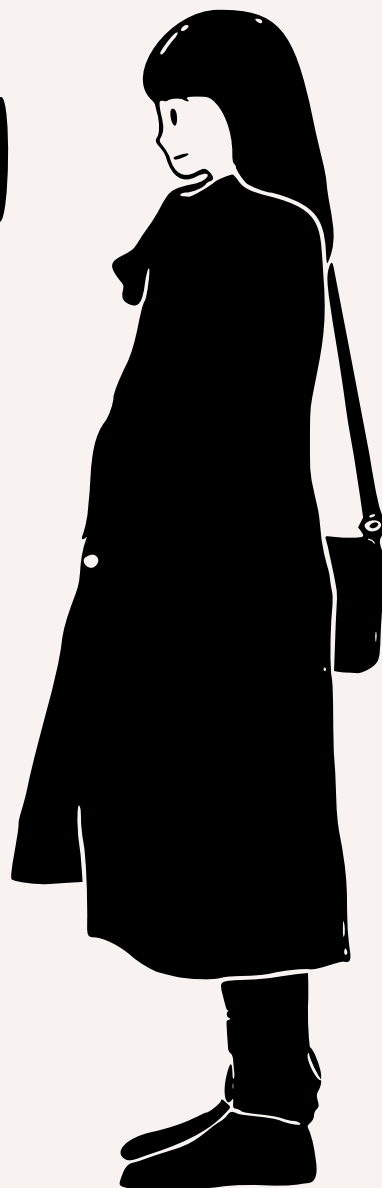
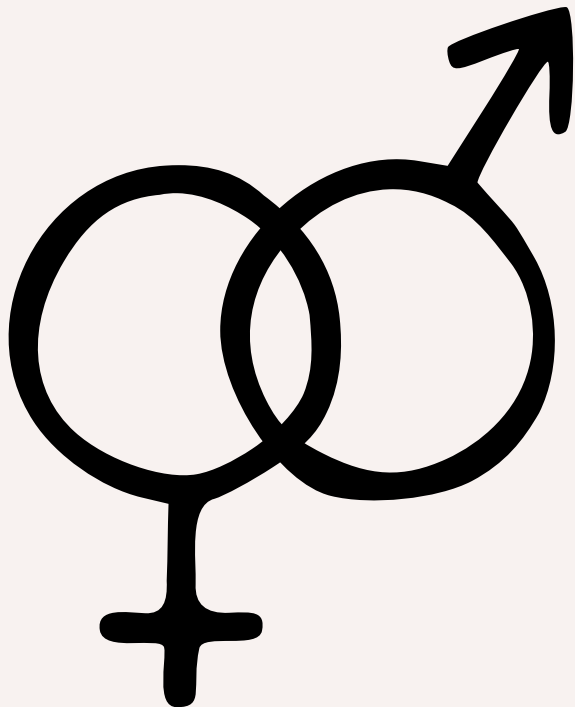
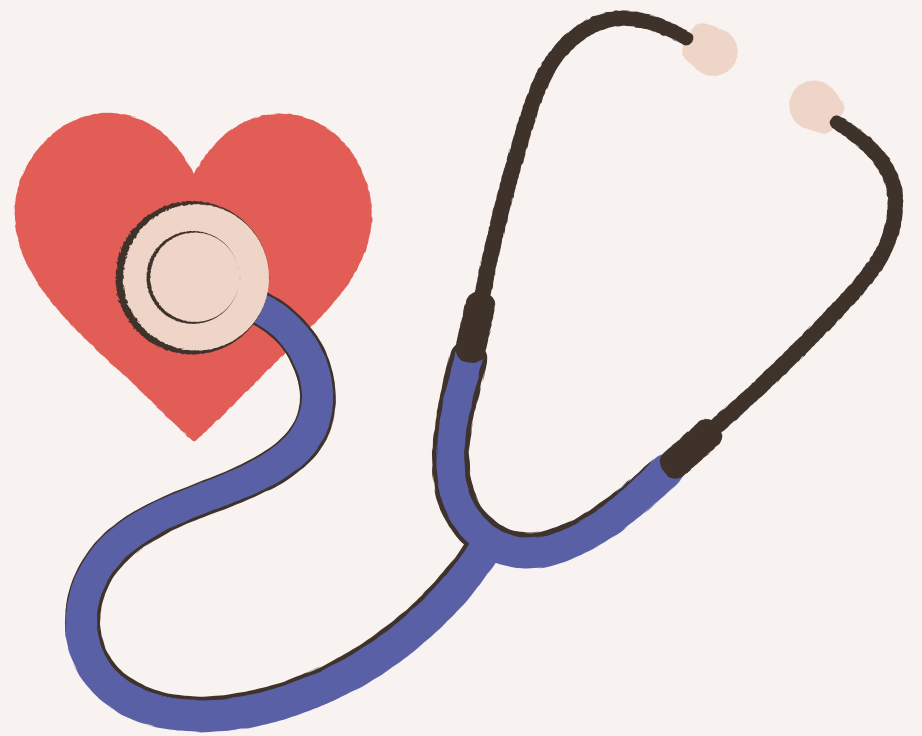
Call Emergency Contact #1:
Call Crisis Hotline:
Call Emergency Services:



Notes

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

Doctor Visits

Date :

Time :

PATIENT : _____

AGE : _____

HOSPITAL : _____

HEIGHT : _____

DOCTOR : _____

WEIGHT : _____

CONTACT INFO : _____

HEART RATE : _____

LOCATION : _____

BLOOD PRESSURE : _____

REASON FOR VISIT

DOCTOR'S COMMENTS

PRESCRIPTION & INSTRUCTIONS

FOLLOW UP



DATE :

TIME :

Notes

Medical Contact List



Notes

NAME :
CONTACT :
ADDRESS :
SPECIALTIES :
EMAIL :
NOTES :

NAME :
CONTACT :
ADDRESS :
SPECIALTIES :
EMAIL :
NOTES :

NAME :
CONTACT :
ADDRESS :
SPECIALTIES :
EMAIL :
NOTES :

NAME :
CONTACT :
ADDRESS :
SPECIALTIES :
EMAIL :
NOTES :

Notes section with multiple horizontal lines for writing.

This image shows a single, blank page from a lined notebook. The page is oriented vertically and features horizontal ruling lines spaced evenly down its length. On the left side, there is a decorative, wavy border resembling a scalloped edge. A small metal clip is visible at the top right corner, holding the page in place. The paper appears slightly aged or off-white.

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 outline around the pages. On the left side, there is a small tab or notch. On the right side, there is a small loop or clip-like detail. 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

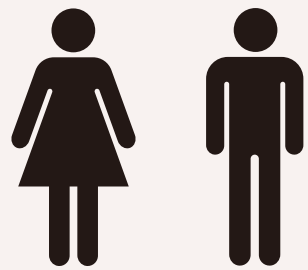
Keep a large water bottle handy at all times.

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



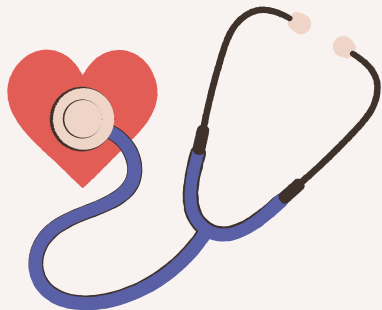
Weekly Summary

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+



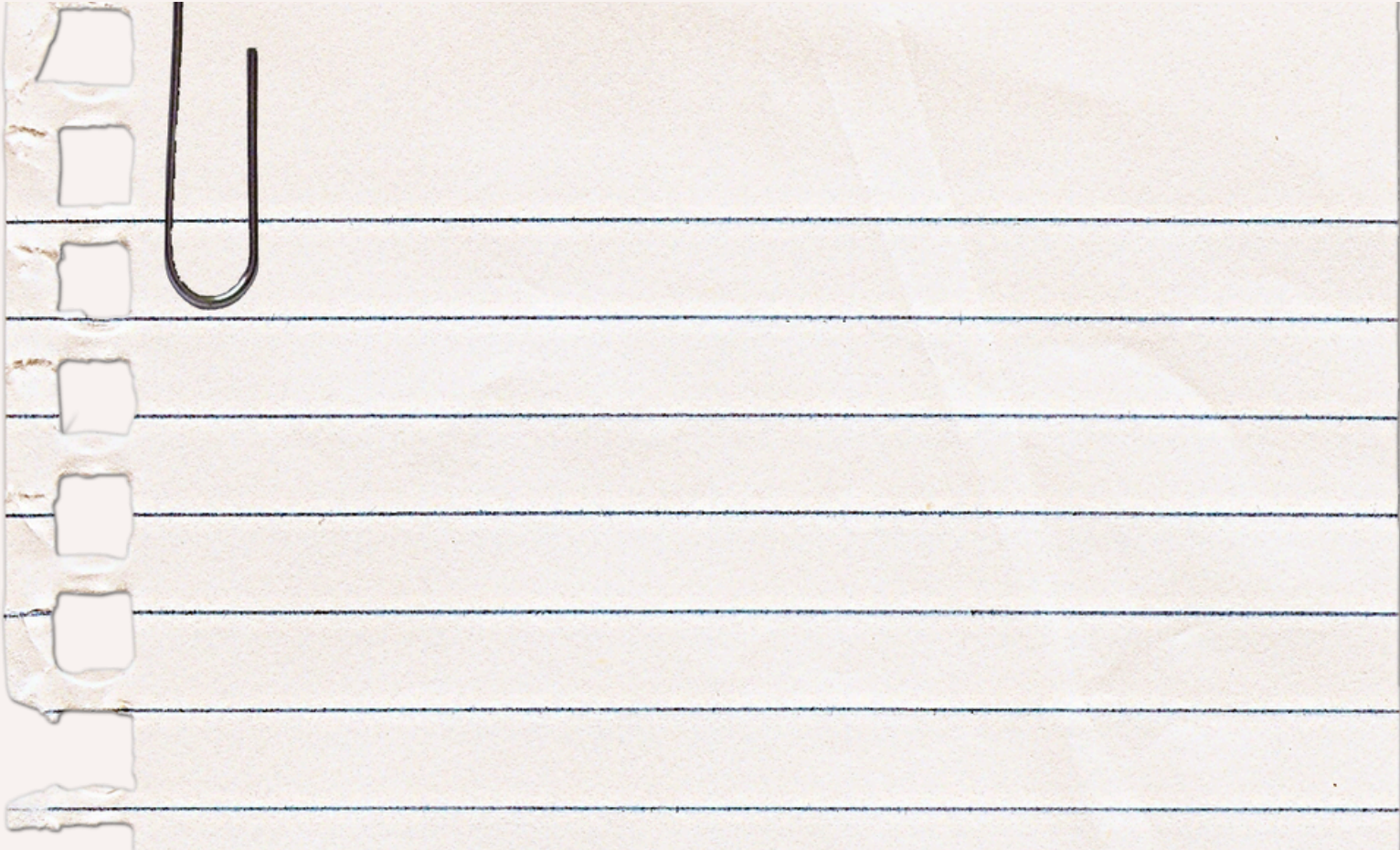
Tips for Accurate Tracking

- 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 GROW**

@LINKAGELOVE
