



My Checklist for a Healthy Life¹

This checklist can help you figure out what healthy things you already do and what changes you might need to make. After you fill it out, look at the list of things you **need to do** and find ways to **do those things**. You can use the second page to write down ways to make your life healthier.

I Already Do This	I Need to Do This	My Life
		I have a check-up with my doctor every year.
		I take the medicine the doctor prescribes for me.
		I have had my eyes checked in the last 2 years.
		I see the dentist every year.
		I brush my teeth twice a day for two minutes.
		I floss every day.
		I do not smoke tobacco or other substances.
		I get enough sleep.
		I stop eating when I am full.
		I eat at least 5 servings of fruits and vegetables every day.
		I eat meats with very little fat (chicken, fish) at least 3 times per week.
		I drink soda less than 3 times per week or not at all.
		I drink coffee and tea less than 3 times per week or not at all.
		I eat candy less than 3 times per week or not at all.
		I walk or exercise at least 3 times per week for 30 minutes or more.

¹ Adapted from **Health Assessment/Improvement Checklist** by Carol Woodliff/WMW Group, www.wmwgroup.com.



Things I Need to Do	My Plan for Doing Them