



Taking charge of your health includes knowing what state your body is in and what action is necessary to put you improve your physical and emotional well-being. Incorporating some of the following actions can really help to keep your health and health screenings in a good place:

- ◆ Exercise regularly
- ◆ Drink water frequently
- ◆ Reduce stress levels
- ◆ Limit/eliminate alcohol and smoking
- ◆ Get 6-8 hours of sleep
- ◆ Increase fruit and vegetable intake
- ◆ Limit fried foods, excess sugar and red meat

Use this screening document to assist you in keeping track of all your important health screenings. This is a great tool to handy when visiting or speaking with your medical provider regarding health concerns or the frequency of screenings you will need, specifically. Feel free to share with a friend who you think may also find it useful.

TEST	DATE OF LAST TEST	RESULTS	NEXT SCREENING DATE
Blood Pressure			
Bone Density			
Cholesterol			
Clinical Breast Exam			
Colorectal Cancer			
Fasting Blood Glucose			
Mammogram			
Pap Smear			
STD Screening			

QUESTIONS OR CONCERNS

1. _____
2. _____
3. _____
4. _____
5. _____

