



HEALTH AND WELLBEING CHECKLIST

Date

59

Weekly Physical Health Self-Check

Regular self-checks help you stay proactive about your health. Use this checklist to monitor your body and identify potential issues.

Track Your Weight

- Weigh yourself weekly at the same time for consistency.
- Monitor for sudden or unexpected changes in weight or body composition.



Measure Your Resting Heart Rate

- Check your pulse in the morning before any activity.
- Record the rate and compare it to your usual baseline for fitness insights.



Assess Your Energy Levels

- Reflect on your energy throughout the week-do you feel energised or fatigued?
- Identify any patterns that might indicate overexertion or underlying health concerns.



Check Skin and Nails

- Look for unusual changes, such as new moles, discoloration, or rashes.
- Inspect nails for brittleness, ridges, or other irregularities.



Monitor Joint and Muscle Health

- Note any persistent aches, stiffness, or swelling in joints or muscles.
- Pay attention to any reduced mobility or discomfort during activities.



Review Your Sleep Patterns

- Reflect on the quality and duration of your sleep each night.
- Identify disruptions or trends that might be affecting restfulness.





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Track Your Diet and Hydration

- Assess whether your meals have been balanced and nutrient rich.
- Monitor your water intake to ensure adequate hydration levels.



Monitor Bowel and Urinary Health

- Note any changes in regularity, colour, or discomfort when using the bathroom.
- Pay attention to signs like unusual pain, frequency, or changes in consistency.



Perform a Mental Health Check-In

- Reflect on your mood, stress levels, and emotional well-being.
- Consider if there are any persistent feelings of sadness, anxiety, or irritability.



Schedule Follow-Ups if Necessary

- Contact a healthcare professional for any concerning symptoms.
- Keep track of appointments or screenings to stay on top of your health.



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