

# 

### HEALTH AND WELLBEING CHECKLIST Date



#### 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**

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

#### **Measure Your Resting Heart Rate**

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

#### **Assess Your Energy Levels**

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

#### **Check Skin and Nails**

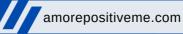
- O Look for unusual changes, such as new moles, discoloration, or rashes.
- O Inspect nails for brittleness, ridges, or other irregularities.

#### **Monitor Joint and Muscle Health**

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

#### **Review Your Sleep Patterns**

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













## A BETTER ME HEALTH AND WELLBEING CHECKLIST

59

Weekly Physical Health Self-Check

#### **Track Your Diet and Hydration**

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

#### **Monitor Bowel and Urinary Health**

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

#### Perform a Mental Health Check-In

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

#### Schedule Follow-Ups if Necessary

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



indfuln

aurna







