

My Health

- I have no pain in my body
- I can breathe deeply without wheezing
- I see well (with glasses or contact lenses if I need them)
- I hear well (with an aid if I need it)
- My teeth are in good condition and I go to the dentist every six months
- My blood pressure is at a healthy level
- My cholesterol is at a healthy level
- I do not smoke
- I do not take illegal drugs or abuse prescribed medicines
- I make a consistent effort to eat and drink healthily
- I do not generally drink more alcohol than the legal guideline suggests
- There are often days when I drink no alcohol at all
- I rarely drink coffee, tea or carbonated drinks (less than 3 times a week)
- I rarely eat chocolate (less than 3 times a week)
- I rarely consume sugar (less than 3 times a week)
- I drink at least a litre of water every day
- I take at least half an hour's exercise 3 times a week
- I am roughly the right weight for me
- I have no habits that I don't like
- I get the right amount of sleep for me

My score on _____ (date) is _____ / 20