

# A Checklist for Good Health

We hope you use this resource to track your progress towards good health.

## Checklist

*This year, I will:*

- Schedule an appointment with a primary care physician.
- Take an A1c (blood sugar) test.
- Have my blood pressure taken.
- Ask questions to learn about my family's medical history.

*Today, I have:*

- Eaten fruit or a vegetable.
- Drank water instead of a sugary beverage.
- Exercised moderately for 30 minutes.
- Spent time outside.