

PHYSICAL SELF-CARE ASSESSMENT

CHECKLIST



1) EXERCISE 3 - 5 TIMES A WEEK

Walking, bicycling, swimming, dancing are all good forms of exercise. Use weights some days.

2) EAT 3 HEALTHY MEALS DAILY

Include lean meat and fish, raw and cooked green vegetables, fruits, whole grains, plant-based milk.



3) GET ENOUGH SLEEP

7 to 8 hours a night

4) DRINK AT LEAST 6 TO 8 GLASSES OF WATER DAILY

Water helps blood pressure, aids digestion and keeps you hydrated.



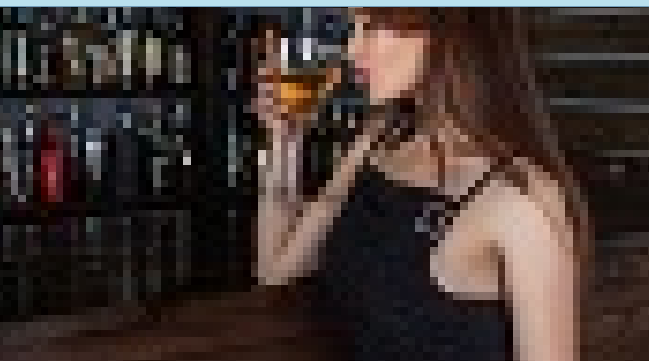
5) TAKE MEDICATIONS

Follow the prescription when taking meds.



6) QUIT SMOKING

Smoking causes cancer, diabetes, and other diseases.



7) AVOID DRINKING ALCOHOL

Get your doctor's advice if you want to drink alcohol.

8) FOLLOW PROPER HYGIENE

Shower, dry your skin and between your toes carefully. Apply lotion or petroleum jelly to your feet and ankles, but not between your toes.

