



Checklist for healthy living

Looking after your health and wellbeing is essential at all ages.

Completing this checklist will help you find areas where you may need to seek further medical or health professional advice.



Actions



Read and complete the checklist for healthy living on the back of this page.



If you answer YES to any of the questions, take the completed checklist to your GP to discuss any actions that may help maintain or improve your health.



Feel free to take any of the leaflets or booklets on display.





Checklist for healthy living

Yes	I am worried about my weight loss.
Yes	I have lost weight without trying within the last six months and I do not know why.
Yes	I am eating or drinking less than usual due to poor appetite, nausea and/or vomiting.
Yes	I am worried about my skin.
Yes	I have some areas on my skin that are broken down or sore/tender to touch when walking, sitting or lying.
Yes	I am worried about falling.
Yes	I find it hard to move around my home, stairs, or the pavement outside.
Yes	My feet are painful, swollen or deformed and/or I have lost feeling in my feet.
Yes	I feel dizzy or lightheaded when I stand up.
Yes	I am unsteady on my feet and find that I hold onto furniture to help me walk.
Yes	I have had a fall in the last 12 months.
Yes	I struggle to complete my daily activities.
Yes	I am worried about my mental state.
Yes	I have a low mood, feel isolated and/or feel that I have nothing to look forward to.
Yes	I have difficulty thinking clearly, get easily distracted, and/or confused.
Yes	My family/others have noticed changes with my memory.
Yes	I am worried about my continence.
Yes	I have problems with, or lose control of, my bladder and/or bowels.