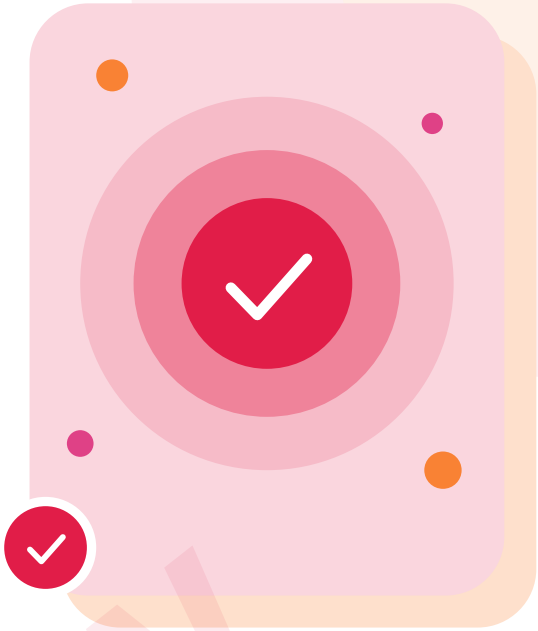
CHECKLIST · HEALTH WELLBEING

FREE PREVIEW

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.

10 steps | Print-ready A4

NAME	START	TARGET DATE

1 **Track Your Weight**

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

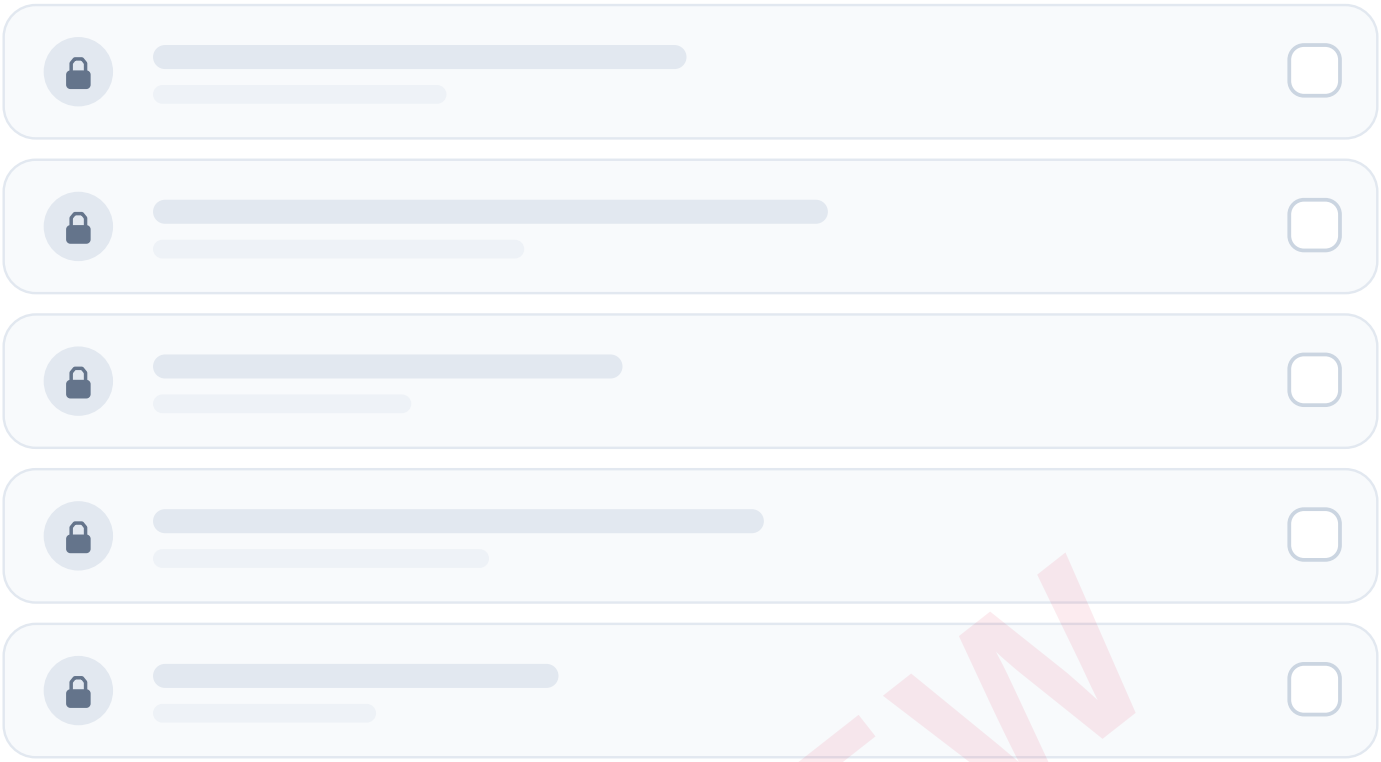
2 **Measure Your Resting Heart Rate**

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

3 **Assess Your Energy Levels**

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

PREVIEW



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PREVIEW