

Regular checklist

Today's date?

Write in your next visit to:

General Practitioner	Dentist	Optician	Hearing specialist

More specifically:

	Yes	No	N/A	Notes
Are your energy levels good?				
Unless you are suffering a cold or other illness can you breathe well?				
Are you getting a good night's sleep?				
Is your weight stable and healthy?				
Lumps, bumps and growths: any new ones or changes?				
Are your joints working adequately?				
Is your appetite healthy?				
Do you get indigestion or stomach pains?				
Are you always thirsty?				
Are you getting headaches?				
Are your nails and hair healthy?				
Is your vision good?				
Is your hearing good?				
Are your teeth & gums healthy?				
Is your tongue a healthy pink?				
Do you have bad breath? (can indicate unbalanced gut health)				
Circulation - do your extremities feel cold when they should be warm?				
Is your skin healthy? (check for moles, eczema and sores)				
Are your excretions stable? (faeces, change of urine colour or vaginal discharge)				