

Take Charge!

A Tool to Caring for Yourself

HOW TO USE THIS TOOL

Track your wellness in three key areas: physical, nutrition, and mental health. Please know that the information in this tool is intended for educational, informational, and awareness purposes only. This information should not be used for self-diagnosis or to replace the services of a medical professional. You should consult your healthcare provider for answers to specific health questions and concerns. This is your tool, feel free to customize to meet your needs.

PERSONAL HEALTH

APPOINTMENT	LAST DONE	DUE DATE	NOTES
Annual Physical Exam	[]	[]	I plan to speak with my PCP about: _____
Blood Work	[]	[]	My recent results include: _____
Vaccinations	[]	[]	My vaccinations include: _____
Eye Exam	[]	[]	I plan to speak with my eye doctor about: _____
Dental Cleaning	[]	[]	I plan to speak with my dentist about: _____
Cancer Screening	[]	[]	My screenings include: _____

NUTRITION AND BODY

ITEM	LAST DONE	DUE DATE	NOTES
Nutrition Assessment/Plan	[]	[]	My plan includes: _____
Cholesterol Check	[]	[]	My ranges include: _____
Blood Pressure Check	[]	[]	My blood pressure is _____ / _____
Water Intake Tracking	[]	[]	I aim to drink _____ glasses of water a day
Physical Activity Tracking	[]	[]	_____ helps me to getting moving for 30 minutes a day

MENTAL AND EMOTIONAL HEALTH

ITEM	LAST DONE	DUE DATE	NOTES
Mental Health Screening	[]	[]	I am experiencing symptoms of: _____
Mental Health Check	[]	[]	I am working with a licensed professional: _____
Sleep Check	[]	[]	I average _____ hours per night
Stress Management	[]	[]	My daily practices are: _____
Social Connection Check	[]	[]	I plan to connect with: _____

Take Charge!

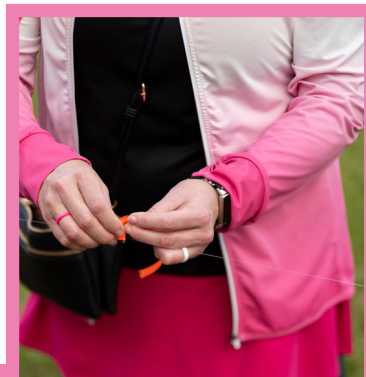
Goals and Resources

HEALTH GOALS (SET YOUR INTENTIONS)

GOAL	START DATE	PROGRESS	NOTES
1.	[]	[%]	_____
2.	[]	[%]	_____
3.	[]	[%]	_____
4.	[]	[%]	_____
5.	[]	[%]	_____

MY RESOURCES

ITEM	NOTES
1.	_____
2.	_____
3.	_____
4.	_____
5.	_____
6.	_____
7.	_____
8.	_____
9.	_____
10.	_____



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Cancer Screening

Resources and Toolkits

CANCER SCREENING

Special thanks to Riverside Cancer Center, the presenting sponsor of A Guide to Caring for Yourself for the following resources:

"My Family Cancer": [Click here](#) to download the worksheet

Breast Cancer Early Detection: [Click here](#) to download the informational handout

Guide to Cancer Screening and Prevention: [Click here](#) to download the guide

All resource can also be accessed at: riversideonline.com/preventcancer

MY CANCER SCREENINGS

- | | | |
|---|---------------------------------------|---|
| <input type="checkbox"/> Breast Cancer | <input type="checkbox"/> Colon Cancer | <input type="checkbox"/> Prostate Cancer |
| <input type="checkbox"/> Gynecologic Cancer | <input type="checkbox"/> Lung Cancer | <input type="checkbox"/> Head and Neck Cancer |
| <input type="checkbox"/> Skin Cancer | <input type="checkbox"/> Blood Cancer | <input type="checkbox"/> _____ |

SPECIAL THANKS TO OUR CANCER CARE PARTNERS

- Riverside Health
- Sentara Health
- Virginia Oncology Associates
- VCU Massey Comprehensive Cancer Center

SPECIAL THANKS TO OUR SCREENING AND PREVENTION HEALTH SPONSORS

- Genentech
- Myriad Genetics
- The Smile Group
- The Prescription Shoppe
- ACG Hospice



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