

## Wellness Blueprint Checklist:

### Step 1: Assessment

- Annual Physical
  - Family History
  - "Know Your Numbers"

### Step 2: "Take Action"

- Nutrition
  - Drink water (66-99 oz. per day)
  - Vegetables and Fruits (5+ servings per day)
    - Replace French fries
  - Protein (at each meal)
    - Replace red and processed meat with chicken, fish, eggs, beans/legumes, nuts/seeds
    - Almond and Apple combination (morning or afternoon snack)
  - Limit servings of Bread, Pasta, and Cereal (read labels and adhere to portion size)
    - > 4 grams fiber, < 4 grams sugar
  - Healthy Fats
    - Salmon, nuts/seeds (nut butters), avocado, olive oil
- Exercise
  - 10,000 steps
  - 150-minutes of aerobic exercise per week
    - Walk stairs or a hill
- Smoking
  - Don't smoke!
  - Yes, taking steps to quit!
  - Not going to quit!
- Sleep
  - 7-9 hours per night