

## 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