

# HEALTHFUL LIFE CALENDAR

## FOR WOMEN

STAYING HEALTHY IS FUN

NAME: \_\_\_\_\_

| TEST                             | MONTH:                        | MONTH DONE - RESULT |      |      |      |      |      |      |      |      |      |
|----------------------------------|-------------------------------|---------------------|------|------|------|------|------|------|------|------|------|
|                                  |                               | 2001                | 2002 | 2003 | 2004 | 2005 | 2006 | 2007 | 2008 | 2009 | 2010 |
| Cholesterol*                     | every year                    |                     |      |      |      |      |      |      |      |      |      |
| High-Density Lipoproteins (HDL)* | every year                    |                     |      |      |      |      |      |      |      |      |      |
| Blood Pressure*                  | every year                    |                     |      |      |      |      |      |      |      |      |      |
| Hemoglobin*                      | every year                    |                     |      |      |      |      |      |      |      |      |      |
| Blood Glucose (sugar)*           | every year                    |                     |      |      |      |      |      |      |      |      |      |
| Stools for Blood                 | yearly after age 40           |                     |      |      |      |      |      |      |      |      |      |
| Colon Examination                | every five years after age 45 |                     |      |      |      |      |      |      |      |      |      |
| Glaucoma Testing                 | every five years after age 35 |                     |      |      |      |      |      |      |      |      |      |
| Pap Smear                        | every two years               |                     |      |      |      |      |      |      |      |      |      |
| Mammogram                        | every year after age 40       |                     |      |      |      |      |      |      |      |      |      |
| Breast Self-Examination          | every month starting age      |                     |      |      |      |      |      |      |      |      |      |
| Weight*                          | First Quarter                 |                     |      |      |      |      |      |      |      |      |      |
|                                  | Second Quarter                |                     |      |      |      |      |      |      |      |      |      |
|                                  | Third Quarter                 |                     |      |      |      |      |      |      |      |      |      |
|                                  | Fourth Quarter                |                     |      |      |      |      |      |      |      |      |      |

\*you should record results

Low back exercises every day.  
No smoking.  
Seat belts and locked car doors always.  
Immunizations should be kept up to date.  
Follow Healthful Life nutrition recommendations. We recommend a daily vitamin supplement after age sixty.