

My Written Health Plan

A starter template from Dr. Kristofer Young at Ventura Chiropractic & Massage

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Complex endeavors that must be carried out over time, call for a written plan for success. I deeply value my health and recognize that maintaining it, or regaining it, is just such a complex endeavor. Therefore I choose to create, maintain, and annually update this written plan for my health.

Name: _____ Date: _____

Exercise:

Walking - _____ x's per week for _____ min

Yoga - _____ x's per week for _____ min

Weights - _____ x's per week for _____ min

Food:

Allergies

Vegetables per day

Fruits per day

Reduce sugar and refined starch

Gluten – dairy?

Nutritional supplements:

Multivitamin -

Fish oil -

Vitamin D –

Magnesium Glycinate -

Sleep:

How many hours?

Meditation or Prayer:

When?

Relationships:

With whom?

Happy?

Counseling?

Health Evaluation and Medical Testing:

Vitamin D

Blood sugar, insulin

Cholesterol and Extended Lipid Profile

Gluten sensitivity

Bioelectrical impedance analysis (BIA) for estimating body composition

Make a Chart for Tracking:

Height and weight

Blood test results that are abnormal

Vitamin schedule and doses

Medication schedule and doses

Current pains and symptoms

Chronic pains and conditions

Past illness, injury, surgery

Bring your Health Plan and Tracking Charts to each doctors visit that you have. You will get better care.