

My Written Health Plan

www.Ventura-Chiropractor.com ~ version March 10, 2011

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 task. Therefore I choose to create, maintain, and annually update this written plan for my health. This form is a starter template.

Name: _____ Date: _____

Exercise:

Walking - _____ x's per week for _____ mins

Yoga - _____ x's per week for _____ mins

Weights - _____ x's per week for _____ mins

Food:

Allergies

Vegetables per day

Fruits per day

Reduce sugar and refined starch

Prepare meals from scratch - not processed

Body Composition:

Ratio of fat to non-fat tissues

Nutritional supplements:

Multivitamin -

Fish oil -

Vitamin D -

Sleep:

How many hours?

Meditation or Prayer:

When?

Relationships:

With whom?

Counseling?

Health Evaluation and Medical Testing:

Vitamin D

Bioelectrical impedance analysis (BIA) for estimating body composition

Cardiac CT for Calcium Scoring

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Copies available to all at www.Ventura-Chiropractor.com - click the "Forms" link