

In each aspect of healthy aging, indicate whether attention is needed. Where not, indicate what you must do to keep it that way. Where yes, indicate what you must begin to do or stop doing.

| <b>Aspect of Healthy Aging</b> | <b>Needs Attention?</b> | <b>I am Going to... Starting...</b> |
|--------------------------------|-------------------------|-------------------------------------|
| <b>Physical:</b>               |                         |                                     |
| Regular Check-ups              | .....                   | .....                               |
| Regular Exercise               | .....                   | .....                               |
| Alcohol & Smoking              | .....                   | .....                               |
| Diet and Weight                | .....                   | .....                               |
| <b>Emotional:</b>              |                         |                                     |
| Emotional Outlets              | .....                   | .....                               |
| Social Network                 | .....                   | .....                               |
| Leisure Activities             | .....                   | .....                               |
| <b>Mental:</b>                 |                         |                                     |
| Job / Work                     | .....                   | .....                               |
| New Learning                   | .....                   | .....                               |
| Challenging Self               | .....                   | .....                               |
| <b>Spiritual:</b>              |                         |                                     |
| Community                      | .....                   | .....                               |
| Practice                       | .....                   | .....                               |
| _____                          | .....                   | .....                               |