

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.

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