

Creating Phenomenal For Your Life Podcast
Episode 31
Optimal Health

These are questions to answer and review with your doctor, so that together you create your optimal health.

Physical Health

1. How does your body feel?
2. How does your body move?
3. What can your body do? (Strength, flexibility, balance)
4. What are your numbers:
 - a. Blood pressure
 - b. Cholesterol
 - c. Body Mass Index (BMI)
 - d. Blood sugar (and hemoglobin A1c if pre-diabetes or diabetes)
 - e. Other (if appropriate for you)
5. Screenings – do any of these apply to you?
 - a. Cancer screenings
 - i. Women: breast and cervical
 - ii. Men: prostate
 - iii. All: colon, skin, lung (if tobacco use history)
 - b. Sexually related infections
 - c. Other – based on age, stage in life, history of tobacco use, occupation, family history

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6. Immunization status – are these current for you, or do they apply to you:
 - a. Tetanus-diphtheria-acellular Pertussis (Tdap)
 - b. Human Papilloma Virus (HPV)
 - c. Zoster/shingles
 - d. Pneumococcal pneumonia
 - e. Hepatitis B
 - f. Flu vaccine

Mental Health

1. In general, how is my mood?
2. Sleep?
3. How do I manage conflict or challenges?
4. Do my ups and downs seem to be in line with people I trust or look up to?
5. What practices do I have to rejuvenate?
 - a. What other practices can I consider?

Social Well-being

1. Who are my trusted relationships?
2. How do these relationships affect my energy?
3. On a scale of 1-10, how strong are my social connections?
 - a. How strong do I want them to be?
 - b. What am I willing to do for that to happen?

Everything else – write out what is important to you