

Activity

# Health Inventory

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## Health and Wellness

This checklist can help you assess how well you take responsibility for your own healthcare. Read the following statements. Then, check the appropriate box next to each statement.

always    some-  
times    never

- 1. Do you eat a balanced diet?
- 2. Do you get regular exercise?
- 3. Do you sleep at least 8 hours every night?
- 4. Do you wear your seat belt when riding in a vehicle?
- 5. Do you wear safety equipment when playing a sport?
- 6. Do you avoid behavior that will get you into trouble?
- 7. Do you get regular medical checkups?
- 8. Do you get regular dental checkups?
- 9. Do you brush and floss your teeth every day?
- 10. Do you avoid using tobacco, alcohol, and illegal drugs?