



United States Women of Today

Health and Wellness Certification Form⁵⁵

PLEASE TYPE OR PRINT. Health and Wellness is designed to help each individual be aware of their physical, mental, and spiritual well-being. This form may be completed once each USWT year. Complete a minimum of 15 out of the following 30 items and submit it to your state contact postmarked no later than May 1.

Name _____ Date Joined _____ Date Certified _____

Chapter _____ State _____

Address _____

City _____ State _____ Zip _____

Email _____ Phone _____

- Have a physical exam _____
- Have an eye exam or hearing tested _____
- Know your numbers {cholesterol, blood pressure, glucose, and body mass index} _____
- Have a dental check up _____
- Have a mammogram or Pap test
- Have a colorectal cancer test
- Have a bone density test
- Have a flu or pneumonia shot
- Perform monthly self-breast or testicular exams
- Be a registered organ donor _____
- Quit smoking or support someone else _____
- Donate blood or participate in an awareness walk (i.e. March for Babies, Relay for Life, Autism) _____
- Wear your seatbelt or helmet
- Do not text while you drive or use a hands free device while talking on your cell phone
- Have a home fire drill or assemble an emergency preparedness kit
- Certify in CPR or First Aid
- Check your medication cabinet for outdated items and dispose of them properly
- Update your medical history
- Eat breakfast every day for at least a month _____
- Keep a diary for at least a week of everything you eat _____
- Exercise a minimum of 3 times per week for one month _____
- Wear a pedometer for 2 months
- Attend a seminar, health fair, or read an article on a health topic (i.e. stress management, exercising, weight loss, etc.)
- Keep a journal for at least one month on diet, time management, mood or exercise
- Watch a funny TV show or movie _____
- Attend a fellowship breakfast or participate in a prayer chain
- Visit a nursing home, hospital, or shut in.
- Attend a spiritually orientated program or project
- Other _____