

Checklist for Best Possible Health

CHECKLIST	True or False? (Maybe is not allowed)
1. I do not currently smoke.	
2. I have “normal cholesterol.”	
3. I do not have hypertension.	
4. I do not have diabetes.	
5. I do not have abdominal obesity.	
6. I do not have depression ¹ .	
7. I eat fruits and veggies (3 servings/days).	
8. I do not consume alcohol or drink in moderation ² .	
9. I do an average of at least 30 minutes of exercise a day.	

- This is based on a 52-country study.
- Work on controlling or eliminating anything above that is unhealthy.

¹ Depression screening questions. During the past month:
Have you often been bothered by feeling down, depressed, or hopeless?
Have you often been bothered by little interest or pleasure in doing things?

² Moderate drinking for women and the elderly is defined as an average of 1 drink or less per day. Moderate drinking for men is defined as an average of 2 drinks or less per day. A standard drink is one 12 ounce beer, one 5 ounce glass of wine, or one 1.5 ounce shot of distilled spirits.