

# Wellness Checklist

<i>Physical</i>	
● Eye Check-up	
● Dentist Appointment	
● Mammogram Exam	
● Pap Smear	
● General Physical	
● Prostate exam	
● Bone Density	
<i>Spirit - Thinking</i>	
● Who am I ?	
● Prayer	
● Meditation	
● Gratitude Journal	
<i>Family &amp; Connections</i>	
● Connection to family	
● Connection to friends	
● Connect to the co-workers	
<i>House - Our Haven</i>	
● Furnace Cleaning (filter)	
● Dryer vent cleaning	
● Battery Check up - smoke detectors	

# Wellness Checklist

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<i>Car</i>	
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• Check pressure and rotate tires	
• Oil change - Every 5000 miles	
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<i>Finance</i>	
• Tax time - April 15th	
• Finance Check up	
• Flex spending account	