



# **HEALTH** ***CHECKLIST***

Keeping Track Of  
Health Issues

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WITH WENDY NICHOLSON

# Health Checklist



## Tips and strategies...

### Start With Why...

What are the reasons you want to lose weight?

When I was dealing with a lot of health issues, it helped to write a list of all the things I wanted to heal from (current health issues and possible future health problems).

I put the list on my bedroom wall.

By making it obvious, it was hard to avoid and helped keep me accountable to myself.

Even when I felt like I had plateaued, or was not losing weight very fast, I kept the list on the wall.

I was not going to let a small slip-up or set-back make me stop.

Print off the following page(s) and write down your health list. As you lose weight and start eating healthier, you can check to see which ones have improved. Even if 1 issue improves...that is a WIN.

NOTE: Some issues may actually reverse, heal, or have reduced the symptoms.

KEEP Going and you will reach your goals!  
I'm cheering you on...

*Wendy*

Print off the following page. Put it on your wall as a visual reminder of your WHY for losing weight. AND, as you lose weight, see if any of the issues improve.

 **To print in colour, select page 3.**

 **To print in grayscale, select page 4.**

# Health Check: Keeping Track Of Health Issues

## HEALTH CHECKLIST

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