

The Healthwise[®] Self-Care Checklist

Step 1. Observe the problem.

- When did it start? What are the symptoms? _____

- Where is the pain? Dull ache or stabbing pain? _____

- Measure your vital signs:
Temperature: _____ Pulse: _____/minute
Breaths: _____/minute Blood Pressure: _____/_____
- Think back:
Have you had this problem before? Yes _____ No _____
What did you do for it? _____

Any changes in your life (stress, medications, food, exercise, etc.)?

Does anyone else at home or work have these symptoms?

Step 2. Learn more about it.

- *Healthwise[®] Handbook* (note page number): _____
- Other books or articles: _____
- Advice or opinions of others (lay or professional): _____

Step 3. Make an action plan.

- What do you think is wrong? _____
- What have you decided to do about it? _____

Step 4. Evaluate your progress.

- Are you getting better or worse? _____

