

# HEALTHFUL LIFE CALENDAR

## FOR MEN

STAYING HEALTHY IS FUN

NAME: \_\_\_\_\_

TEST	MONTH:	MONTH DONE - RESULT									
		2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
Cholesterol*	every year										
High-Density Lipoproteins (HDL)*	every year										
Blood Pressure*	every year										
Hemoglobin*	every year										
Blood Glucose (sugar)*	every year										
Stools for Blood	yearly after age 40										
Left-sided Colon Examination	every five years after age 45										
Glaucoma Testing	every five years after age 35										
Testicular Self-Examination	monthly until age 60										
Weight*	First Quarter										
	Second Quarter										
	Third Quarter										
	Fourth Quarter										

\*you should record results

Low back exercises every day.

No smoking.

Seat belts and locked car doors always.

Immunizations should be kept up to date.

Follow Healthful Life nutrition recommendations. We recommend a daily vitamin supplement after age sixty.