

# My Health Profile

**What are the main things currently impacting on your health & physical quality of life?**

These may be things that would improve your health if you were to do them more often, or they could be things that would improve your health if you were to do them less often.

**Select the main things that would improve your health if you were to adopt them as habits.**

Five things that would commonly benefit people’s health and that you may consider are:

<ul style="list-style-type: none"> <li>• Drink less alcohol</li> <li>• Move more</li> <li>• Lose some weight</li> </ul>	<ul style="list-style-type: none"> <li>• Smoke less</li> <li>• Eat better</li> </ul>
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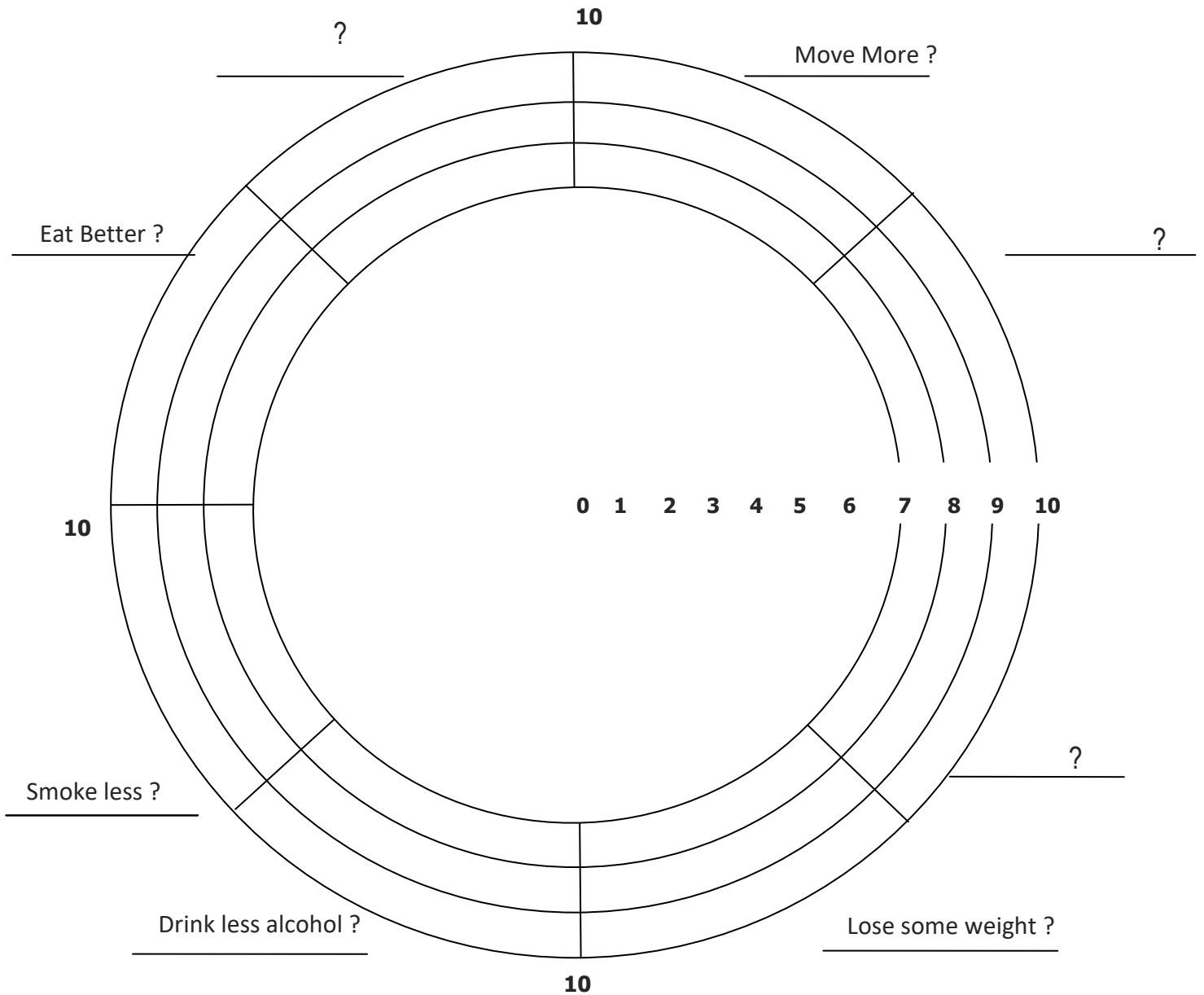
These things may or may not all be relevant to you. We have listed some more ideas below.

**Select 8 or less areas and write them around you Health Profile on the next page.**

Things impacting on my health	
Things I could do more of:	Things I could do less of:
<ul style="list-style-type: none"> <li>• Eat more fruit (aim for 2 serves per day)</li> <li>• Eat more vegetables (aim for 5 serves per day)</li> <li>• Have more fibre in my diet</li> <li>• Cook more healthy meals at home</li> <li>• Eat smaller portions</li> <li>• Have healthier snacks</li> <li>• Eat smaller meals more regularly</li> <li>• Do more cardio exercise</li> <li>• Stretch more</li> <li>• Improve my strength</li> <li>• Increase my incidental activity (move more)</li> <li>• Drink more water</li> <li>• Get more sleep</li> <li>• Improve the quality of my sleep</li> <li>• Increase energy levels</li> <li>• Take my medications consistently</li> <li>• Monitor my physical symptoms</li> <li>• Manage my weight better</li> <li>• Relax more</li> <li>• Plan more leisure time</li> <li>• Have more social contact</li> <li>• Learn more about my condition</li> <li>• Improve my health knowledge</li> <li>• Plan my personal time better</li> <li>• Manage pain</li> <li>• Others?</li> </ul>	<ul style="list-style-type: none"> <li>• Drink less alcohol</li> <li>• Drink less coffee</li> <li>• Drink less tea</li> <li>• Drink less fruit juice</li> <li>• Drink less soft drink</li> <li>• Smoke less</li> <li>• Eat less takeaway meals</li> <li>• Eat less saturated fat</li> <li>• Eat less overall fat in my diet</li> <li>• Eat less sugar</li> <li>• Chose to have seconds less often</li> <li>• Miss fewer meals</li> <li>• Do less sitting down</li> <li>• Watch less TV at night</li> <li>• Stress less</li> <li>• Take less drugs</li> <li>• Take on less work</li> <li>• Others?</li> </ul>

**Your health practitioner can help you to fill out the rest of your Health Profile.**

# My Health Profile



## Example

