



Petal & Paper

YOUR FREE PRINTABLE

Annual health MOT checklist



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H E A L T H M O T

annual checklist

Regular checks

Dental check-up: last ____ next ____

Eye test (every ~2 years): last ____ next ____

Blood pressure check: last ____ reading ____

NHS Health Check (40-74, every 5 yrs):
eligible? ☐

Everyday foundations

Moving regularly / exercise: ☐

Sleep (7-9 hrs): ☐

Alcohol within guidelines (≤ 14 units/wk): ☐

Mental wellbeing checked in on: ☐

Screenings (when invited)

Cervical screening (when invited): up to date?
☐

Breast screening (when invited): up to date? ☐

Bowel screening (when invited): up to date? ☐

Don't ignore screening invitations — book
them in

Worth doing

Repeat prescriptions reviewed: ☐

Vaccinations up to date (flu, etc): ☐

Know how to access NHS 111 / out of hours: ☐

Anything to raise with GP this year: ____