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Annual health goals tracker



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H E A L T H R E V I E W

annual goals

Year · _____ **Last health review:** _____

NHS checks due · Blood pressure: ☐ Cholesterol: ☐ Cervical: ☐
Bowel: ☐

Dental · Last check: _____ Next: _____ Hygienist: _____ Booked: ☐

Eye test · Last test: _____ Next due: _____ Prescription updated: ☐

Weight / BMI target · Current: _____ Target: _____ Method: _____

Fitness goal · _____ **By:** _____

Mental health check · Wellbeing: _____/10 Action if low: _____

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M E D I C I N E A V A I L A B L E — U S E I T

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