



United States Women of Today

Health and Wellness Certification Form

Health and Wellness is designed to help each individual be aware of their physical, mental, and spiritual well being. This form may be completed once each USWT year. Complete a minimum of 15 out of the following 30 items and submit it to your state contact postmarked no later than May 1.

Name _____ Date Joined _____ Date Certified _____

Address _____ City _____ State _____ Zip _____

Email _____ Phone _____

Chapter _____ State _____

- _____ Have a physical exam
- _____ Have an eye exam or hearing tested
- _____ Know your numbers {cholesterol, blood pressure, glucose, and body mass index}
- _____ Have a dental check up
- _____ Have a mammogram or Pap test
- _____ Have a colorectal cancer test
- _____ Have a bone density test
- _____ Have a flu or pneumonia shot
- _____ Perform monthly self breast or testicular exams
- _____ Be a registered organ donor
- _____ Quit smoking or support someone else
- _____ Donate blood or participate in an awareness walk (i.e. March for Babies, Relay for Life, Autism)
- _____ Wear your seatbelt or helmet
- _____ Do not text while you drive or use a hands free device while talking on your cell phone
- _____ Have a home fire drill or assemble an emergency preparedness kit
- _____ Certify in CPR or First Aid
- _____ Check your medication cabinet for out-dated items and dispose of them properly
- _____ Update your medical history
- _____ Eat breakfast everyday for at least a month
- _____ Keep a diary for at least a week of everything you eat
- _____ Exercise a minimum of 3 times per week for one month
- _____ Wear a pedometer for 2 months
- _____ Attend a seminar, health fair, or read an article on a health topic (i.e. stress management, exercising, weight loss, etc.)
- _____ Keep a journal for at least one month on diet, time management, mood or exercise
- _____ Watch a funny TV show or movie
- _____ Attend a fellowship breakfast
- _____ Participate in a prayer chain
- _____ Visit a nursing home, hospital, or shut in.
- _____ Attend a spiritually orientated program or project
- _____ Other _____