

PHYSICAL HEALTH

BETTER HEALTH OZARKS

THE ONE CLEAR NEXT STEP HEALTH PLAN

THE PROBLEM

Conflicting advice can make better health feel like an all-or-nothing project instead of a practical first step.

1 KNOW YOUR BASELINE

Ask which measurements and screenings fit your age, history, and risk.

- ☐ Routine checkup
- ☐ Blood pressure
- ☐ Recommended screenings
- ☐ Vaccines
- ☐ Medication review

QUESTION FOR MY PROVIDER: _____

2 CHOOSE ONE BEHAVIOR

Improve one repeatable action before adding another.

- ☐ Movement
- ☐ Food
- ☐ Sleep
- ☐ Hydration
- ☐ Medication follow-through

MY SMALLEST DAILY STEP: _____

3 CONNECT BEFORE CRISIS

Write down the local people and services you can use early.

PRIMARY CARE: _____

PHARMACY: _____

PUBLIC HEALTH / CLINIC: _____

INSURANCE / BENEFITS: _____

THE 7-DAY BETTER HEALTH START

Repeat one safe action for seven days. Use what you learn to choose the next step.

DAY
1

DAY
2

DAY
3

DAY
4

DAY
5

DAY
6

DAY
7

MY ONE ACTION: _____

WHO CAN HELP?

Clinic, hospital, primary care provider, insurance provider, public health office, or pharmacist.

BRING THIS TOOL
TO THE CONVERSATION.

ONE MEASURE. ONE HABIT. ONE CALL.

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General educational worksheet only. Screening and health decisions should be personalized with a qualified clinician.