1. **YOUR PULSE:** __________

**RESTING PULSE:** Count your pulse for 10 seconds and multiply by six.

**EXERCISE PULSE:** One minute of high knees should do the trick.

**NOTE:** Don’t take your pulse with your thumb. If your pulse feels irregular, you should contact your doctor because you might have atrial fibrillation.

2. **YOUR EYESIGHT:** __________

Your eyes are important and pretty sensitive, so leave the vision exam to the professionals, where they can check distance, peripheral and other important things.

**TRACK CHANGES AT HOME BY CHECKING THE AMSLER GRID:** View the image with each eye; wavy lines could be signs of macular degeneration.

3. **YOUR TEMPERATURE:** __________

If you don’t have a thermometer, you should get one.

**NOTE:** A healthy range is between 97 and 99 degrees. Over 100.5, you are running a fever.

4. **BMI (Body mass index):** __________

Body Mass Index: There’s some give and take here, but it’s good to know if you might be too high or low.

**HERE’S THE FORMULA:**

\[
\text{weight (lb)} / [\text{height (in)}]^2 \times 703 \quad \text{or} \quad \text{weight (kg)} / [\text{height (m)}]^2
\]

**UNDERWEIGHT** = <18.5

**NORMAL WEIGHT** = 18.5–24.9

**OVERWEIGHT** = 25–29.9

5. **YOUR BLOOD PRESSURE**

**SYSTOLIC** = _______ **DIASTOLIC** = _______

Go to your local pharmacy or grocery store with a blood pressure machine, or purchase one so you can more accurately track it at home.

**NOTE:** Make sure you take a few minutes to relax before you take your pressure and ask your doctor about your healthy range.

6. **YOUR HEARING**

**US CALL:** 1-800-222-EARS between Monday and Friday from 9 am to 5 pm ET.

**UK CALL:** 0844-800-3838

**AUSTRALIA:** 1800-826-500
1. **KNOW YOUR MOLES**

**ASYMMETRY:**
Benign moles are symmetrical.

**BORDER:**
Melanoma lesions usually have irregular borders that are difficult to define.

**COLOR:**
If there is more than one color - or uneven distribution of color - you should get it checked out; benign moles are usually a single shade of brown or tan.

**DIAMETER:**
If it’s over six millimeters in diameter (approximately the size of a pencil eraser), it’s worth getting it checked out.

**EVOLVING:**
If a mole has gone through recent changes in color and/or size, get it checked out immediately.

2. **YOUR BREASTS (even if you’re a guy), ARMPI TS, AND NECK**

Gently press down using the front of your fingers to see if you can feel a lump. (Keep all of your fingers together, not spread apart.)

**NOTE:** Lumps are not usually squishy, soft, fleshy material, but rock hard. No matter the size, any lump that is hard should be checked by a doctor.

3. **YOUR FEET AND ARCHES**

How your foot hits the ground when you walk/run can affect your knees, hips, back, and neck.

Figure out if your feet need some support by getting each foot slightly wet and then stepping on a brown paper bag. The imprint should give you a sense of how high your arch is:

- **NORMAL (MEDIUM) ARCH:**
  You’ve got normal pronation, which means you absorb shock well when walking/running.

- **FLAT (LOW) ARCH:**
  This means that after you step, your arch collapses inward too much, resulting in excessive foot motion and increasing your risk of injuries (especially in your ankles and legs).

- **HIGH ARCH:**
  This means you’re likely an underpronator, or supinator, which can result in too much shock traveling up your legs, since your arch doesn’t collapse enough to absorb it.

4. **YOUR BLOOD TYPE: _________**

Three simple ways to either ask someone or figure it out yourself:

- Ask your primary care physician
- Donate blood, and ask them while you’re there
- Buy a blood type testing kit