

# ACT



ACT (*Assess, Consider, Talk*) to help determine how your future will look. Completing the following exercises could help prepare you for the kind of future you desire.

## Assess

**Assess your current health and think about the risks, based on your own health as well as your genetics that you could face as you age. Assess your mind and soul health as well.**

Would you consider yourself to be physically healthy? What do you think you could improve upon? How healthy do you want to be in your retirement years?

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Do you see your doctor regularly and do you have routine checks and preventative screenings? (Some important preventative tests include mammograms for women *(to help catch breast cancer at its earliest stage)*, PSA blood tests for a man *(to help detect prostate cancer)*, a colonoscopy *(to help check for colon cancer)*, and memory tests *(to assess mental acuity)*. Log the screenings you have scheduled or completed.

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