

WHY TRACK THE CHECKS?

You check your car, so why not check your body too?

Keep this personal 'service record' up to date and take it with you for an annual check-up, which will give you peace of mind.

Keeping track of these health stats and making sure there is a yearly once-over should give early warnings – just like a regular car check and maintenance can prevent mechanical breakdown.

These tests should be taken with advice from and in consultation with your doctor.

So don't lose it, track it!

MEN'S HEALTH
NATIONAL AWARENESS



BODYWORK

06

07

08

09

10

height

weight

body mass index

waist to hip ratio

MAINTENANCE

colorectal

prostate

dental

STD/HIV

testicular

skin cancer

OPERATING

glucose

cholesterol

blood pressure

body fat

psa