



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



FREEMASON S



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					