



Tune Into Your Life

**TUNE**  
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## WHAT IS A LIFE COURSE HEALTH PLAN AND WHY SHOULD YOU CARE?

We all have goals and dreams. But sometimes, when those goals aren't written down and looked at from time to time, we can lose sight of what we want to do and where we want to go.

A Life Course Health Plan can help you keep your future in focus. It's a tool that allows you to write down your goals and keep them in one place. It will help you think about the steps you should be taking to reach them. A Life Course Health Plan can be used as a guide that will help you start conversations and map out major decisions and actions. So use it any way you want. Change it as often as you want. The most important thing is for you to start working on becoming the person you really want to be.

## FUTURE GOALS

A running theme in this life plan is that good choices unlock other good choices. Like, deciding to do something good for yourself today will allow you to do something even better in the future.

Celebrate progress, even small progress, and try not to get discouraged, even if you've neglected certain aspects in your life in the past or if you've struggled.

Start thinking about what you want to achieve. Think about what you want to be or do. Write it down, and write down what it will take for you to reach that goal. Think about the people who could help you, and the resources that are available to you.

Where do you see yourself in the next 5 years?

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The next 10 years? (Married? Single? In school? Working? Living in a home or apartment? Etc.)

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How much education do you want to complete?  
(Do you want to go to college? Where? When?)

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Do you plan on having a career? (What career do you want? Where do you want to work?)

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## PERSONAL HEALTH

How you take care of yourself today affects you, your family, and future generations. Making healthy choices will protect you and any future generations. So here's some powerful health advice: Every day, whenever you have a choice, do the thing that you know is good for you.

Do it because it's good for you. Because good choices pile up on each other, even small ones. And they keep piling up over your whole life. Like, getting more exercise now will help you feel good enough to exercise later. Or, seeing a gynecologist now will put you in a better position to have a healthy pregnancy later, when you're ready.

- Check all of the following that apply to you:

- I eat plenty of fruits, vegetables, and whole grain foods
- I exercise regularly
- I take a multivitamin that contains folic acid every day. (Folic acid is a nutrient that helps prevent certain birth defects, but it needs to be taken before you get pregnant to work. Most multivitamins have folic acid.)
- I get regular checkups with my doctor
- I get regular checkups with my dentist
- I get enough sleep
- I smoke cigarettes
- I live with someone who smokes
- I have used alcohol or street drugs
- Unhealthy eating:
  - Fast food all the time
  - Binge eating
  - Throwing up after I eat
  - Eating less than two meals a day

- Do I or does my partner engage in behaviors that put me at some type of risk?

- Yes
- No
- I don't know
- Does not apply to me

## PERSONAL SAFETY

Some teens and even some adults are abused by people who are close to them. Abuse is NEVER okay and creates an unsafe place to live. Are any of the things below happening to you?

Is there anyone in your life who physically hurts you (for example, pushes, hits, slaps, kicks, chokes, etc.)?

- Yes  No  Sometimes

Is there anyone in your life who says mean or hurtful things to you a lot?

- Yes  No  Sometimes

Is there anyone in your life who forces you to take part in any sexual activities (including touch) that make you feel uncomfortable?

- Yes  No  Sometimes

## EMOTIONAL HEALTH

Everything in your life is connected. *Everything.* Good emotional health is about *feeling* in charge, and using that power to make good choices. It's about choosing situations that make you happy—rather than feeling stuck in sad ones—and understanding that good decisions unlock better ones. It's about being able to handle tough or stressful situations that can affect your health. Here are a few questions to ask yourself to learn more about your own emotional health.

When you feel sad, do you usually bounce back quickly, or do you stay sad for a long time (2 weeks or more)?

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How often do you find yourself feeling overly nervous, anxious, or worried? What sorts of things make you feel that way?

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What do you do when you are in a stressful situation or if you feel overwhelmed?

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Do you get angry easily? What types of things make you angry?

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When you get angry, what do you do to calm yourself down?

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Are there any areas of your emotional health that you want to improve? If there is anything, write your goals here:

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## HEALTHY RELATIONSHIPS

If your life is a song, different elements working in harmony, then the people in your life are fellow musicians. They can help you find your groove, or they can disrupt it. They can even drown you out completely if you let them.

You can choose to surround yourself with people who almost always make you feel good. People who feel good for you. Who almost never make you feel angry or scared or worried. Who never make you feel like you have to pretend to be something you're not.

Choose to be with people who support your goals, who like to see you succeed, who would never steer you into a bad situation just so they have company. Here are a few questions to ask yourself in order to learn more about healthy relationships:

Is your family a part of your support system?

Yes  No

If yes, how does your family help you?

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How do you help or support members of your family?

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How do you generally treat people who are close to you?

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What do you do if someone says or does something that you don't like?

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Do your friends help you make good decisions?

Yes  No

How do your friends support you?

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## VACCINES/IMMUNIZATIONS

Vaccines (or immunizations) help protect you from certain diseases and illnesses. Getting immunized now will not only help you, but if you decide to have a family later, it will impact the health of your future baby. The antibodies that your body makes from the vaccines you receive will be passed on to your future baby. The important thing is to make sure that your vaccines are up to date no matter what stage of life you are in.

Are your vaccines up to date? Have you been vaccinated for the following:

- Tetanus (Td or Tdap)
- Hepatitis
- Hepatitis B
- Varicella (Chicken Pox)
- Measles, Mumps, Rubella
- Inactivated Polio Virus (IPV)

And don't forget your "booster" shots. You should get a Tetanus booster every 10 years, and your doctor might recommend a one-time booster of Pertussis as well. You should also get a flu shot every year. Since all of this information is kind of tricky to remember, feel free to ask your doctor about vaccines you may need.

## DRUGS/MEDICATIONS

Some medications may not be safe to take for a long period of time. Just to be on the safe side, always make sure your doctor knows the prescriptions or over-the-counter drugs that you are taking.

What drugs are you taking? (Please list.)

1. Prescriptions: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Over-the-counter drugs: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## FAMILY HEALTH HISTORY

Health problems can sometimes run in families. Identify the health problems that have happened to members of your family.

Has anyone in your family had any of the following? (Check all that apply.)

- arthritis/joint disease
- osteoporosis (soft bones)
- high blood pressure
- depression/anxiety
- asthma
- obesity
- heart disease
- heart defect
- stroke
- other: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## YOUR REPRODUCTIVE SYSTEM

(Optional – Females only)

It is always important to be aware of how your body works and this includes reproductive health. When you are at the doctor's office, don't be afraid to ask questions. When you are ready to have a baby, visit your doctor at least 3 months before you want to get pregnant. This will give the doctor a chance to make sure you are in good health before you get pregnant. Among other things, your doctor may ask you about your periods.

Do you track your periods using a calendar?

Yes  No

How far apart are your periods?

\_\_\_\_\_

How long do your periods last?

\_\_\_\_\_

Is your blood flow heavy or light?

\_\_\_\_\_

Do you have painful periods (cramps, bloating, etc.)?

\_\_\_\_\_

Is there someone you can talk to about reproductive (or sexuality) issues?

Yes  No

If so, who? \_\_\_\_\_

\_\_\_\_\_

## FUTURE PREGNANCIES

One of the best things you can do to have a healthy baby is to make sure you live a healthy life long before you get pregnant. If you wait, it could be too late to protect your baby from the effects of your unhealthy habits. It's always a good idea to live a healthy life, even if a baby isn't part of your plan.

Do you want to be a parent someday?

Yes  No

If you answered yes:

How old do you want to be when you have your first baby?

\_\_\_\_\_

How many kids do you want to have?

\_\_\_\_\_

How far apart do you want your kids to be?

\_\_\_\_\_

What is your plan to prevent pregnancies that you are not ready for?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What will you do if you end up getting pregnant when you are not ready?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

If you answered no:

What is your plan to prevent yourself from ever getting pregnant?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What will you do if you end up getting pregnant anyway?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Tune Into Your Life

## WHAT IS IMPORTANT TO ME?

The top three things I want to focus on after completing this Life Course Health Plan are:

I made this plan on: (Date) \_\_\_\_\_

Name: \_\_\_\_\_

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
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\_\_\_\_\_
3. \_\_\_\_\_  
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\_\_\_\_\_  
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