



## **BREAST HEALTH WELLNESS PLAN CHECK LIST**

Here is a little checklist you can use to keep yourself on top of some of the steps towards improved breast health and a lower chance of breast cancer.

Check the boxes where you feel you are in balance and work on checking the rest over the coming weeks.

### **REGULAR BREAST EXAMS:**

**Scheduled mammograms**

**Monthly self-exams**

### **LIFESTYLE FACTORS**

**Ideal body weight**

**Regular exercise**





**Organic, healthy carb, healthy fat diet**

**Sleep**

**Alcohol consumption**

**Stress**

**Toxicity**

## **SPECIFIC NUTRITIONAL FACTORS**

**Multivitamin**

**Omega 3**

**Probiotic**

**Vitamin D**

**DIM**

**Iodine**

**Whey protein**

**Melatonin**

