

My Health

- What is your current health status?

- Has your health changed since law school? How?

- When is the last time you had a physical? Blood work? Been to the dentist? Had your eyes checked? Had a cardiology work up?

- What medications are you on? Why?

- Are you overweight? Do you have a plan to address your weight?

- Are you sedentary? Do you have a plan to address your lack of exercise?

- Do you have any health issues? How are you addressing them?

- Do you suffer from depression, anxiety or another mental health issue? How are you addressing it?

- What plan do you have to address any health issues you have?