

# Your Say-Yes-to-You List

At Hazel, we believe women and AFAB people deserve healthcare that listens and empowers. Print this out, post it on your fridge for Women's Health Week and tick off as you go. It's time to SAY YES TO YOU!

DAY ONE   01/09:	GOAL
Every check matters	<input type="checkbox"/> <b>Schedule or book overdue health check-ups</b> (GP, dental, skin, BP, etc.)
	<input type="checkbox"/> <b>Update or confirm your screening appointments</b> (e.g., breast, cervical)
DAY TWO   02/09:	GOAL
Take the lead	<input type="checkbox"/> <b>Prepare questions</b> for your next appointment
	<input type="checkbox"/> <b>Bring a health journal or notes</b> to track symptoms and observations
DAY THREE   03/09:	GOAL
Heart smart	<input type="checkbox"/> <b>Check or schedule a heart-health assessment</b> (e.g., BP, cholesterol)
	<input type="checkbox"/> <b>Add a heart-healthy activity</b> (e.g., walk, swim) <b>to your day</b>
DAY FOUR   04/09:	GOAL
Pain to power	<input type="checkbox"/> <b>Reflect on any persistent discomfort</b> (e.g., pelvic pain, menstrual): document it and seek advice
	<input type="checkbox"/> <b>Explore pain-management options</b> or self-care strategies
DAY FIVE   05/09:	GOAL
Be kind to your mind	<input type="checkbox"/> <b>Practice a mindfulness, breathing, or meditation</b> exercise
	<input type="checkbox"/> <b>Check in with a friend or book in professional support</b> (if you need a little extra help)
ANYTIME!	GOAL
Say yes to you!	<input type="checkbox"/> <b>Schedule an hour of self-care</b> (e.g., read, massage, bubble bath)
	<input type="checkbox"/> <b>Share your experience</b> , or support others, using #WomensHealthWeek