
Checkup Time

We're into the second half of 2023 — how are you doing so far? Take some time to review your successes and make the rest of the year even better by adjusting goals or making new ones.

Exercise and weight goals.

Do your weight control and fitness pursuits need improvement? Along with tracking your weight and exercise sessions, the American Psychological Association advises recording any episodes of emotional eating (e.g., what and where you ate) to identify behaviors that need changing.

Financial goals.

Take stock of your savings, investments and debt. Review your monthly spending and expenses to maintain your budget. Visit the **Consumer Federation of America's Savings Checklist** (americasaves.org) to see how you're doing and how to save more.

Nutrition goals.

The USDA's ChooseMyPlate program (choosemyplate.gov) can help with nutritious, quick recipes rich in fruits, vegetables and whole grains and a checklist to identify meal plans tailored to your age, gender and size.

Mental and physical health goals.

Contact your health care provider's office to see if you are due for a checkup, vaccinations, colonoscopy or other tests. Consider your mental health, too. Are you taking time to relax daily with yoga, meditation or other techniques? Talk to your health care provider if you need help with depression or anxiety.

