Intent to Act: My Personal Goals
Based on what I learned today, I plan to do the following within the next year:

☐ Talk to my family to learn about my family health history
☐ Talk to my doctor about my personal risk of breast cancer
☐ Get a mammogram
☐ Get a clinical breast exam
☐ Tell my doctor if I notice any changes from normal in my breasts
☐ Maintain a healthy weight
☐ Add exercise into my routine
☐ Limit my alcohol intake
☐ Limit menopausal hormone use
☐ Breastfeed, if I can
☐ Share something I learned today with a person I care about