

# Is Your Family Supporting Dad's Health?

A Printable Wellness Checklist from Successful Black Parenting Magazine

Use this checklist to start the health conversation at home — or share it with a young father in your community.

Print this. Post it on the fridge. Share it. Because when Black dads live longer, Black families thrive.

1 Does Dad have a primary care physician he sees at least once a year?

2 Is Dad getting at least 7 hours of quality sleep per night?

3 Does the family eat at least 3–4 balanced meals together per week?

4 Has Dad had his blood pressure checked in the last 12 months?

5 Does Dad have a physical activity routine (even a 20-minute daily walk counts)?

6 Is Dad's mental health part of the family wellness conversation?

7 Does Dad know his blood glucose and cholesterol numbers?

8 Is Dad connected to at least one community or faith-based support network?

9 If Dad is under 25, does he have access to health education and parenting support resources?

10 Has the family discussed generational health history (heart disease, diabetes, hypertension)?