

PARKINSON'S CHECKLIST

DAILY SELF CARE

- Pick a vigorous but safe exercise
- Drink lots of water
- Do your stretching
- Do your voice exercises to be heard
- Meditate to relax your mind

ONLINE VISITS

- Consider Rock Steady Boxing
- Exercise your voice at ParkinsonVoiceProject.org
- Try the App HeadSpace for relaxation and sleep

DAILY EXERCISES

- Find Yoga, Singing, and more
- Search the Tools & Resources page on www.asoftvoice.com
- Davis Phinney Foundation has a lot to help
- ParkinsonsDisease.net, blogs and podcasts

DAILY TO DO'S

- Check your medicine supply and refills
- Watch your weight and blood pressure
- Keep your Vitamin D up with supplements
- Eat a balanced low protein diet
- Stay social through online chats and Zoom meetings

DOCTORS & MORE

- Keep notes for your next doctor session
- Monitor your moods
- Keep busy doing something that you enjoy
- Stay active
- Keep in touch with your doctors

FINISH

- Projects that are not yet finished
- Something that brings you joy (music, funny videos on YouTube.com)
- Something healthy (find new recipes and new exercises)
- Something that makes you think (Inspiring TED talks)