



The Healfi Car

Inspection Protocol

<p><u>Car Maintenance</u></p> <p>Fill up fuel Check oil regularly Check tires pressure regularly Check water level for cooling system Check braking fluid Wash the car Vacuum clean the car Check air filter Check oil filter Check tires Check engine rubber belts</p>	<p><u>Health Maintenance</u></p> <p>Nutrition Physical exercise Sleep Water!!! Get plenty of sun, daylight and fresh air Hygiene Exercise your brain Exercise your senses Proper breathing Exercise your creativity Play and have fun Get out in nature regularly Regular social life Spend some time alone every day Make love Manage your finances Have an occupation that you really enjoy De-clutter your life Comfortable living and working environment</p>
<p><u>Dashboard</u></p> <p>Warning lamps Fuel level</p> <p>Water/oil level Speedometer Tachometer Clock Mileage</p>	<p><u>Health Monitoring</u></p> <p>Understand your body's warning signs: your feelings/physical pain Be aware of your nutrition needs Be aware of your psychological needs (social life, work-life balance, love, ...) Exercise intensity Stress level Biological clock Age</p>

<p><u>Traffic Rules</u></p> <p>Stops Red/yellow/green lights Give way Drive on right/left side of the road Parking rules One-way streets Speed limits Restricted lanes Prohibition road signs Informative road signs Warning road signs Respect other drivers</p>	<p><u>Health Rules</u></p> <ol style="list-style-type: none"> 1. Have a goal in life 2. The Golden Rule 3. Take responsibility 4. Be honest with yourself 5. Be thankful 6. Help others 7. Positive thinking 8. Have fun! 9. Be social 10. Always continue learning 11. Respect the environment 12. Listen to your body
<p><u>Driving License!</u></p>	<p><u>Health License?</u></p>
<p><u>Driving Instructor</u></p>	<p><u>Health Coach</u></p>
<p><u>Car Repair</u></p> <p>Not necessary if you do your car maintenance regularly, are aware of the dashboard warning signs and follow the traffic rules.</p>	<p><u>Medicine</u></p> <p>Not necessary if you do your health maintenance, are aware and respond to your body and psychological needs, and follow the health rules.</p>
<p><u>Car Costs</u></p> <p>Car maintenance costs Car insurance Car tax</p>	<p><u>Health Costs</u></p> <p>Health maintenance costs Health insurance</p>