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Violet Sheet:

My Weathering & Wellness Checklist

A Self-Advocacy Blueprint for Women's Health and Healing





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Violet Sheet: My Weathering & Wellness Checklist A Self-Advocacy Blueprint for Women's Health and Healing

The stress of navigating the world as an African American woman can cause our bodies to experience “weathering”—aging faster on the inside due to chronic stress. Use this ROOT Framework™ checklist to advocate for the early screenings you deserve. Every woman is the architect of her health.

R – Reveal What's Going On (Before Your Appointment)

This step is about self-awareness and pattern recognition. Check the boxes that match how you've been feeling lately so you can share them with your doctor.

- I feel constantly exhausted or drained, even after resting.
- I am experiencing high levels of stress at work, home, or in my community.
- I have noticed early signs of joint pain, inflammation, or body aches.
- I have a family history of conditions like high blood pressure, diabetes, or heart disease.
- I feel the pressure of the “Superwoman Schema” and rarely have time to rest.

Empowerment Goal: Recognize that your body's signals are valid and deserve investigation, not dismissal.

O – Offer Your Observations (During Your Appointment)

This phase shifts awareness into communication. Clearly articulate what you've noticed. Use these scripts to start the conversation.

- Script: “I've been tracking my symptoms and I've noticed [insert symptom].”
- Script: “I am aware of the weathering effect and that Black women often experience conditions like hypertension years earlier than average.”
- Script: “Even though I am only [your age], I want us to look closely at my baseline health today.”

Empowerment Goal: Become an active contributor in your healthcare conversation, not a passive participant.

O – Outline What You Need (Requesting Screenings)

Here, define your expectations and needs. You have the right to request early screenings based on your lived experience.

- Check my blood pressure today and discuss my baseline numbers.
- Order an A1C blood test to check for early signs of insulin resistance.
- Run a full cardiovascular panel (cholesterol, inflammatory markers).
- Discuss my maternal health or menopause timeline and what to watch for.
- Please explain all my treatment options and next steps clearly.

Empowerment Goal: Reclaim control over your care by identifying what success and support look like for you.

T – Take Note & Follow-Up (Before You Leave)

This final phase transforms advocacy into accountability. Document every conversation, diagnosis, and medical recommendation:

- Did the doctor agree to the requested bloodwork and screenings? (Yes/No)
If No: Ask the doctor to document their refusal in your medical chart.
- Did we schedule a follow-up appointment? Date: _____
- Do I have all my referrals, prescriptions, or lab slips before leaving?

Empowerment Goal: Turn advocacy into an ongoing practice that protects your health and builds trust with your providers.

“Reveal. Offer. Outline. Take Note. — Because your voice is the strongest medicine you have.”

Join our community at RootedinViolet.com for more tools, digital logs, and the Health Reset campaign.

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NOTES



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