### **Date Updated:**

# Personal Baseline (111,74,109)

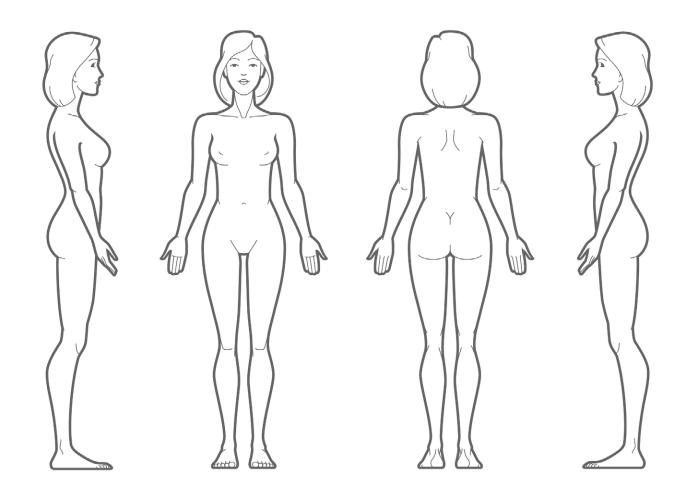


### Your chart

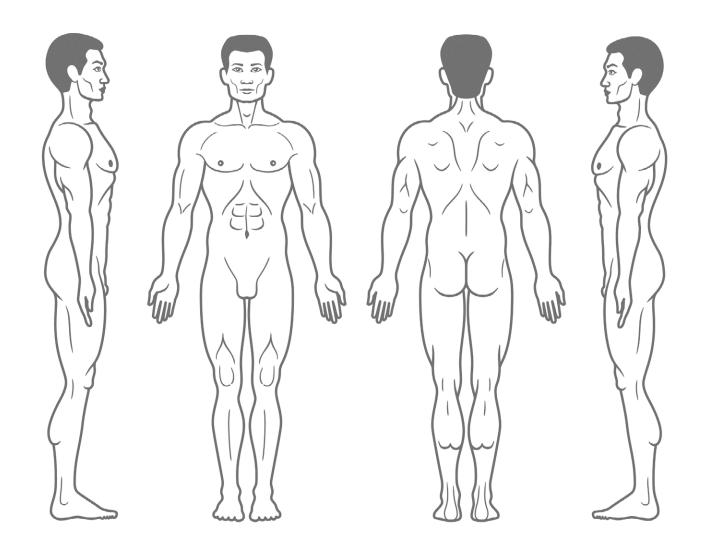
#### **HOW TO USE BODY MAPS**

- 1 Below you will find a male and female body chart. You will also find a chart to track the dates of your exams.
- 2 On the first exam, make a dot corresponding to the location on your skin of each freckle, mole, birthmark, bump, sore, scab, or scaly patch. Draw a line out to the margin and indicate its approximate size (use a ruler or measuring tape) and color, and the date.
- 3 For each exam after that, find the spot on your skin that matches each dot, record the new date next to the old one, and note any changes in size, color, or shape. Record any spots you did not see on last examination.

LAST CHECKED	TODAY'S DATE	BODY CHANGES









### **Date Updated:**

# **Your Vital Signs**

Weight
Height
Blood Pressure
Oxygen
Pulse Rate
Normal Temperature
Blood Type

## **Your Vital Measurements**

Chest
Waist
Abdomen
Hips
Left Bicep
Left Thigh
Left Calf
Right Bicep
Right Thigh
Right Calf



## **Your Medical History**

Ensure your health provider maintains your personal medical history (provider, detailed information, dates) you should keep a record as well and have access to information.

#### **SURGERY AND FRACTURES**

**MAJOR ILLNESSES** 

**MEDICINES** 

**IMMUNIZATIONS** 

**DOCTORS AND INSTITUTES** 

X-RAYS & IMAGING

