	Health Record Tracker for Adults						
Name:							
		_					
Tel: (home)	(Mobile)						
Date of Birth:	Gender: □ Male □ Female						
Insurance Details:							

Examination	Date	Result										
Blood Pressure	1 1		1 1		1 1		1 1		1 1		1 1	
Weight (Height:)	1 1		1 1		1 1		1 1		1 1		1 1	
Pap (F)	1 1		1 1		1 1		1 1		1 1		1 1	
Pelvic Exam (F)	1 1		1 1		1 1		1 1		1 1		1 1	
Breast Exam (F)	1 1		1 1		1 1		1 1		1 1		1 1	
Bone Density	1 1		1 1		1 1		1 1		1 1		1 1	
Rectal Exam	1 1		1 1		1 1		1 1		1 1		1 1	
Colonoscopy	1 1		1 1		1 1		1 1		1 1		1 1	
Stool Analysis	1 1		1 1		1 1		1 1		1 1		1 1	
Testicular Exam (M)	1 1		1 1		1 1		1 1		1 1		1 1	
Skin Exam	1 1		1 1		1 1		1 1		1 1		1 1	
Foot Exam	1 1		1 1		1 1		1 1		1 1		1 1	
Vision Exam	1 1		1 1		1 1		1 1		1 1		1 1	
Glaucoma Screening	1 1		1 1		1 1		1 1		1 1		1 1	
Cholesterol Screening	1 1		/ /		1 1		1 1		1 1		1 1	
Audiogram (hearing loss)	1 1		1 1		1 1		1 1		1 1		1 1	
Complete Blood Count (CBC)	1 1		1 1		1 1		1 1		1 1		1 1	
Blood Glucose	1 1		1 1		1 1		1 1		1 1		1 1	
Thyroid Screening	1 1		1 1		1 1		1 1		1 1		1 1	
PSA (prostate) (M)	1 1		1 1		1 1		1 1		1 1		1 1	
Urinalysis (UA)	1 1		1 1		1 1		1 1		1 1		1 1	
Dental visit	1 1		1 1		1 1		1 1		1 1		1 1	

Issues Discussed	Date	Result										
Smoking Cessation	1 1		1 1		1 1		1 1		1 1		1 1	
Alcohol/Drugs	1 1		1 1		1 1		1 1		1 1		1 1	
Diet/Weight	1 1		1 1		1 1		1 1		1 1		1 1	
Vitamins, calcium, supplements	1 1		1 1		1 1		1 1		1 1		1 1	
Exercise	1 1		1 1		1 1		1 1		1 1		1 1	
Dental Care	1 1		1 1		1 1		1 1		1 1		/ /	
Eyesight	1 1		1 1		1 1		1 1		1 1		/ /	
Foot Care	1 1		1 1		1 1		1 1		1 1		1 1	
Sun Exposure	1 1		1 1		1 1		1 1		1 1		1 1	
Safety: Seatbelts, helmets, guns, household hazards	1 1		1 1		1 1		1 1		1 1		1 1	
Occupational Health	1 1		1 1		1 1		1 1		1 1		1 1	
Stress	1 1		1 1		1 1		1 1		1 1		1 1	
Family Issues	1 1		1 1		1 1		1 1		1 1		1 1	
Domestic Violence	1 1		1 1		1 1		1 1		1 1		1 1	
Sexual Matters	1 1		1 1		1 1		1 1		1 1		1 1	
Contraception	1 1		1 1		1 1		1 1		1 1		1 1	
Self-Exams (BSE, TSE, skin)	1 1		1 1		1 1		1 1		1 1		1 1	
Poly-pharmacy (multiple medications/interactions)	1 1		1 1		1 1		/ /		1 1		/ /	
Advance Directives												