

# Family Health Maintenance Checklist

Use this template to track regular health maintenance for each family member.

## Family Members

Name	Date of Birth	Allergies / Conditions	Primary Physician

## Routine Health Checks

- ☐ Annual Physical Exam
- ☐ Dental Checkup
- ☐ Eye Exam
- ☐ Hearing Test
- ☐ Blood Pressure Screening

## Vaccinations

Vaccine	Family Member	Date	Next Due

## Other Preventive Care

- ☐ Cholesterol Screening
- ☐ Diabetes Screening
- ☐ Skin Check
- ☐ Mammogram (if applicable)
- ☐ Colon Cancer Screening (if applicable)

## Notes