

## 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

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