

# Checkups and Tests Record

Use this record to write down the date you receive the tests and the results. Try to remember to bring the booklet with you each time you see a doctor.

This record will also help you keep track of when you need your next test or checkup.

Checkup/Test	Date/Results					
Blood Pressure						
Blood Sugar						
Bone Density						
Cholesterol						
Dental Visits						
Hearing						
Tuberculosis						
Vision						
Weight						