

## 10 Year Health Plan and Record

Year:										
January										
February										
March										
April										
May										
June										
July										
August										
September										
October										
November										
December										

Use this form to schedule major health check ups, cancer scans and vaccinations, and also record any major illnesses or health event (eg quit smoking) you experience over this period. Also note when you may have travelled to exotic locations, moved house, changed occupations, had an accident or potentially been exposed to harmful substances. If you monitor blood sugar or blood pressure, you can record these here too to get a long term trend.