



HEALTH RECORD ORGANIZER

MEDICAL BINDER

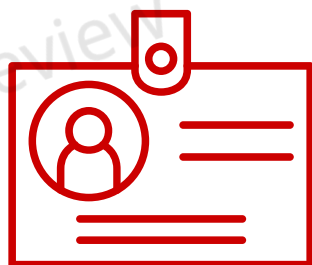
TRACK • MANAGE • MAINTAIN

This planner belongs to:

SECTION 1

PERSONAL HEALTH PROFILE

Contacts • Details • History



Adult Information Sheet



FIRST NAME:	GENDER:
MIDDLE NAME:	BIRTHDATE:
LAST NAME:	CITY OF BIRTH:
ADDRESS:	CITY:
STATE:	ZIP:
SSN:	LICENCE #:
CURRENT AGE	RACE:
ETHNICITY:	RELIGION:
MOTHER'S NAME:	FATHER'S NAME:
RELATIONSHIP STATUS:	SPOUSE/OTHER:
CONTACT INFORMATION	
CELL PHONE:	EMAIL:
WORK PHONE:	OTHER:
BODY IDENTIFYING MARKING	
BLOOD TYPE:	BODY MODIFICATIONS:
HEIGHT:	
WEIGHT:	
HAIR COLOR:	
EYE COLOR:	
EMPLOYMENT INFORMATION	
COMPANY:	CONTACT:
JOB STATUS:	PHONE:
MEDICAL INFORMATION	
PRIMARY DOCTOR:	PHONE:
KNOWN MEDICAL CONDITIONS:	
ALLERGIES:	
MEDICATIONS:	

NOTES

Master Medication List



MEDICATION NAME	DOSAGE	FREQUENCY	PRESCRIBING DOCTOR	START DATE	CONDITION TREADED
NOTES					

Medical Test Log



DATE	TEST NAME	ORDERED BY	LOCATION	REASON FOR TEST	STATUS
NOTES					

Vital Signs Log



DATE	TIME	BLOOD PRESSURE	PULSE	TEMPERATURE	OXYGEN	WEIGHT
NOTES						

NOTES

10

WORST PAIN POSSIBLE

NOTES

Bladder Diary



DATE	TIME	FLUID INTAKE	URINATION VOLUME	URGENCY LEVEL (1= MILD 5=EXTREME URGENCY)
NOTES				

Allergy Master List



ALLERGEN	TYPE	REACTION	SEVERITY
TYPES = FOOD - MEDICATION - ENVIRONMENTAL - CHEMICAL			
NOTES			

Chronic Condition Overview

CONDITION NAME:
DIAGNOSIS DATE:
DIAGNOSING DOCTOR:
SYMPTOMS
CURRENT TREATMENTS
LIFESTYLE RECOMMENDATIONS
NOTES

Migraine Tracker



NEUROLOGIST:					DIAGNOSIS DATE:	
DATE	START TIME	DURATION	PAIN LEVEL	TRIGGER	MEDICATION	RELIEF METHOD
COMMON TRIGGERS = STRESS - WEATHER - HORMONES - FOOD						
NOTES						

Respiratory Symptom Tracker



DATE	SYMPTOM	SEVERITY	TRIGGER	MEDICATION USED
SYMPTOMS = SHORTNESS OF BREATH - WHEEZING - COUGHING				
NOTES				

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NOTES:

NOTES

Brain Dump



TO DO		WHEN	RANDOM THOUGHTS
TO CALL	TO TEXT	TO EMAIL	NEW IDEAS
MEAL OPTIONS		TO BUY	RESEARCH
THINK AND MAKE DECISION ABOUT			NOTES

Notes





Thank You

FOR PREVIEWING!



You've just viewed a sample of this planner.
The complete version includes even more pages to help you
stay organized, plan with confidence, and reach your goals.

THE COMPLETE PLANNER INCLUDES:



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