

health information

blood type

allergies

family diseases

medical ref. no.

doctor

additional info

check-ups

first visit

follow-ups

date

date

date

date

vaccinations

[illegible]

teething

tooth name	appears (lower)	appears (upper)
central incisor (1)	6-10 months	8-12 months
lateral incisor (2)	10-16 months	9-13 months
canine (3)	17-23 months	16-22 months
first molar (4)	14-18 months	13-19 months
second molar (5)	23-31 months	25-33 months

weight & length

date



weight



length



date



weight



length



illnesses

illness		date
symptoms	doctor says	
notes		

illness		date
symptoms	doctor says	
notes		

illness		date
symptoms	doctor says	
notes		

illness		date
symptoms	doctor says	
notes		

home pharmacy

medicine	
uses	
dosage	contraindications
notes	

medicine	
uses	
dosage	contraindications
notes	

medicine	
uses	
dosage	contraindications
notes	

medicine	
uses	
dosage	contraindications
notes	

medicine	
uses	
dosage	contraindications
notes	

medicine	
uses	
dosage	contraindications
notes	

ask the doctor

tips & advice