

		Age 14	Age 15	Age 16	Age 17
Date					
Measurements *	Wt	BMI			
	Ht	BMI percentile			
Psychosocial history and Development (HEADSSS) ***	• School & Activities				
	• Peer relationships				
	• Family relationships				
	• <i>Mental Health</i> ***				
	• Body changes*				
	• Sexual Health***				
Nutrition*	• Menstrual issues ♀				
	• Healthy choices / snacks / junk-food				
	• Supplements / CAM				
Education & Advice: **Behaviour and Family Issues	• Body Image / Dieting				
	• <i>Physical Activity</i>				
	• Electronic Media – TV / Internet /Hearing Protection				
	• Sleep Issues				
Injury Prevention & Safety	• Helmet safety				
	• Vehicle Safety & Seatbelts				
	• Violence and <i>Firearms</i>				
	• Workplace				
	• <i>Sun Safety</i>				
	• Environmental Hazards – incl. Second Hand Smoke				
Other	• <i>Smoke Detectors</i>				
	• Other Safety Topics				
	• Substance Abuse				
	• Abuse				
Specific Concerns	• Dental care, fluoride				
Examination	<i>Blood Pressure</i> ***				
	Head & Neck				
	Visual Acuity (L) (R)				
	CVS				
	Chest				
	Back				
	Abd				
	GU				
	Sexual Maturity Rating *				
Assessment Immunization Medications	Skin				
	dTap (age 14-16) Rubella titre ♀ Up-date immunizations: <i>Meningococcal & Hep B</i> HPV(♀) vaccinations Ask about chicken pox Discuss influenza vaccination Consider TB test Signature				