

Date Updated:

Areas to be Monitored



AREAS	FREQUENCY	LAST EXAM DATE	NEXT EXAM DATE
Eye	Monthly / daily if symptoms are noticed		
Female Breast	Monthly		
Fingernail & Toenail	Every time you remove nail polish / monthly		
Lymph Nodes	Monthly / daily if symptoms are noticed		
Male Breast	Monthly		
Oral Mouth & Throat	Monthly / every other day if symptoms are noticed		
Scrotum/Testicle	Monthly		
Skin	Monthly		
Thyroid	Monthly		
Temperature	Monthly		
Urine & Stool	Every time you produce waste		
Weight	Once a week / if unexpected weight loss then twice per week		
Ear	Monthly		

Date Updated:

Symptoms to be Monitored



SYMPTOMS	YES / NO	DATE WHEN OBSERVED
Bleeding / Discharge / Bruising		
Chronic Fatigue / Weakness		
Continuous Swelling / Bloating		
Cough / Wheezing / Out of Breath		
Heavy Night Sweats		
Indigestion & Heartburn		
Low Grade Fever		
Non-Stop Itching		
Severe Headache		
Lumps / Mass / Tumors / Bumps		
Unexplained Falls		
Unexplained Pain		