

Self chec[™]
Family Medical History Tree
of Your First-Degree Relatives

<p style="text-align: center;">My Mother</p> <p>Ethnicity _____</p> <p>DOB _____</p> <p>Date of Death _____</p> <p>Cause of Death _____</p> <p>Chronic Diseases _____</p> <p>_____</p>	<p style="text-align: center;">My Father</p> <p>Ethnicity _____</p> <p>DOB _____</p> <p>Date of Death _____</p> <p>Cause of Death _____</p> <p>Chronic Diseases _____</p> <p>_____</p>	
<p style="text-align: center;">My Sibling</p> <p>Ethnicity _____</p> <p>DOB _____</p> <p>Date of Death _____</p> <p>Cause of Death _____</p> <p>Chronic Diseases _____</p> <p>_____</p>	<p style="text-align: center;">ME</p> <p>Name _____</p> <p>Ethnicity _____</p> <p>Date of birth _____</p> <p>Chronic Diseases _____</p> <p>_____</p>	<p style="text-align: center;">My Sibling</p> <p>Ethnicity _____</p> <p>DOB _____</p> <p>Date of Death _____</p> <p>Cause of Death _____</p> <p>Chronic Diseases _____</p> <p>_____</p>

My Sibling

Ethnicity _____

DOB _____

Date of Death _____

Cause of Death _____

Chronic Diseases _____

My Sibling

Ethnicity _____

DOB _____

Date of Death _____

Cause of Death _____

Chronic Diseases _____

For more information about Why it's so important to do a Family Tree please see your *Self chec*[™] caring card kit and/or our Website at www.selfchec.org

Don't forget to take **Your Family Tree**, along with **Your Check List** and the results of **Your Risk Calculator** with you when you see the doctor.
 Please go to: <http://selfchec.org/> and click on **Tools** for more information

Your Personalized Family Tree
 All you need is some time, extra paper, a copier, a pair of scissors and curiosity. *Good luck!*

Families Are Different Sizes
 To add more siblings, cut out the diagram of *Your Family Tree* along the vertical broken lines and tape extra blank paper to each side. Make enough copies of the boxes above for each sibling. To complete your Tree, cut the boxes out and tape onto the extra paper.

Illustration by Bascove

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