

# Health History Timeline



Healthy Family Formula

INFORMED. SUPPORTED. EMPOWERED.

*Never be alone in your health journey, again.*

[healthyfamilyformula.com](http://healthyfamilyformula.com)

## Section 1:

Name: \_\_\_\_\_

Date Initial Health History was begun:

\_\_\_\_\_

Current state of health (list your top 5 main health complaints/goals here): \_\_\_\_\_

\_\_\_\_\_

**Section 2: Familial diagnoses or health conditions (family members including children, aunts, uncles, grandparents, siblings, and parents).**

Maternal Side		Paternal Side	
Family Member	Condition	Family Member	Paternal Side



## Health History Timeline

Section 3: Details (print out as many of this page as you need using a different sheet per family member)

Name	Date or year of onset or event (ballpark is fine)	Event, diagnosis, symptoms, or health challenge and duration	Treatment, protocols, supplements and duration of use/treatment	Testing: include dates and keep records of all bloodwork and tests as attachments.	Notes: successes, changes, failures, doctor's comments, etc.

