<table>
<thead>
<tr>
<th>Vital Signs:</th>
<th>Physical Exam:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight: _______ _______ Percentile</td>
<td>General appearance</td>
</tr>
<tr>
<td>Length: _______ _______ Percentile</td>
<td>Skin</td>
</tr>
<tr>
<td>Temperature: __________</td>
<td>Head</td>
</tr>
<tr>
<td>Pulse: __________</td>
<td>Eyes</td>
</tr>
<tr>
<td>Respiratory rate: __________</td>
<td>Ears</td>
</tr>
<tr>
<td>Blood pressure: __________</td>
<td>Nose</td>
</tr>
<tr>
<td>Tanner Stage __________</td>
<td>Oropharynx</td>
</tr>
</tbody>
</table>

**Concerns & Interim history since last well visit:**

_____________________________________

_________________________________________

Medications: _________________________________

Allergies: _________________________________

**Nutritional Assessment:**

Appetite
All food groups
Vitamins/Iron/Folic Acid
Anorexia/Bulemia/Obesity

**Developmental /Mental Health Assessment:**

Home systems
Relationship with parents/guardians
Sibling relationships
Family Schedule
Recent family changes/moves
Responsibilities

Education
School performance
Attendance problems
Special classes/problems in school
Education and Career goals
Extracurricular activities
Employment

Activities
Sports & exercise
Close friendships
Groups, clubs, gangs
T.V./Entertainment
Religion

Drugs
Alcohol
Tobacco
Street drugs/steroids
Family addictions

Self Concepts
Sleep habits
Happy or content
Body Image
Suicidal Ideation/Plan
Exposure to Violence
Firearm Safety

Safety
Seat belt/auto safety
Water/Fire safety
Breast/Testicular Exam
Risky Behaviors
Rape/Abuse Prevention
STD/HIV Prevention
Abstinence/Contraception

**Screening:**

Vision R-20/ L-20/
Hearing
Tuberculosis questionnaire
RPR / Hgb type

**Sexuality:** (Reproductive History)

Age at 1st period-LMP
Cramping
Length of cycle
Birth control
Dating?
Sexually active
Age at first intercourse
History of STD
History of pregnancy

**Assessment:** (List problems & status)

1.
2.
3.

**Plan:** (Immunizations, PPD, Medications, Referrals, Follow up)

1.
2.
3.