

Name:
Date of Birth:
Pronouns:

Family History:
Risk Factors:

Allergies:

		Age 14	Age 15	Age 16	Age 17
Date					
Measurements <small>(use WHO growth charts)</small>	Wt	BMI			
	Ht	BMI percentile			
Specific Concerns					
Psychosocial history and Development (HEADSSS)	<input type="checkbox"/> School & Activities				
	<input type="checkbox"/> Peer relationships				
	<input type="checkbox"/> Family relationships				
	<input type="checkbox"/> Mental Health				
	<input type="checkbox"/> Poverty Screen				
	<input type="checkbox"/> Substances and Addictions				
	<input type="checkbox"/> Sleep Issues				
	<input type="checkbox"/> Body Image				
	<input type="checkbox"/> Body Changes				
	<input type="checkbox"/> Sexual Health & Relationships				
<input type="checkbox"/> Menstrual issues ♀					

Education & Advice:

Nutrition	Active healthy living	Behaviours and Habits	Injury Prevention And Safety
<ul style="list-style-type: none"> Refer to Canada's Food Guide Eat a variety of vegetables and fruits daily Choose whole grains Eat protein daily. Consume plant-based proteins more often. Choose mostly unsaturated rather than saturated fats Water is the beverage of choice. Avoid sugar-sweetened beverages and diet drinks Family meal-time and home-cooked meals can promote healthy eating Ask about supplements and CAM Vitamin D – through diet or supplement (400IU) 	<ul style="list-style-type: none"> Refer to CSEP guidelines Daily physical activity (PA) 60 min of heart-pumping activity Include vigorous PA for 60 min. ≥ 3 days/week Include muscle and bone strengthening ≥ 3 days/week Stay active - several hours of light physical activity/day, limit sitting for extended periods Screens - <i>no more than 2 hrs per day of recreational screen time, less is better</i> Sleep - 8 to 10 hours/d – ages 14 to 17 years 	<ul style="list-style-type: none"> Ask about safe media use, TV and Internet Hearing Protection Healthy Relationships Consider discussing testicular self-examination Dental care, fluoride Substances & Addictions <ul style="list-style-type: none"> Alcohol Tobacco Cannabis Other 	<ul style="list-style-type: none"> Refer to Parachute Canada Helmet safety Vehicle Safety (see local laws) Rear seat: ≥ 145 cm (57 in) and check fit of lap & shoulder belts Front seat: usually ≥ 13 years Violence & Firearms Workplace Safety Water Safety <i>Sun Safety</i> <i>Smoke and Carbon Monoxide Detectors</i> Environmental Hazards – incl. Second Hand Smoke

Examination	Blood Pressure				
	Head & Neck				
	Visual Acuity (L) (R)				
	CVS				
	Chest				
	Back				
	Abd				
	GU				
	Sexual Maturity Rating				
Skin					

Assessment Immunization Medications <small>©A.Greig 2025</small>	Update immunizations: Men-C-C or Men-C-ACYW around age 12 Hep B, HPV (ages 9 and older) Varicella vaccine -2 doses (12mos to 12 years & susceptible adolescents) Discuss Men B Discuss flu & COVID vaccinations Consider TB test				
	Signature				