

Name:
Date of Birth:
Pronouns:

Family History:
Risk Factors:

Allergies:

		Age 10	Age 11	Age 12	Age 13
Date					
Measurements (use WHO growth charts)	Wt				
	BMI				
	Ht				
	BMI percentile				
Specific Concerns					
Psychosocial history and Development	o School & Activities				
	o Peer relationships				
	o Family relationships				
	o Mental Health				
	o Poverty Screen				
	o Substances and Addictions				
	o Sleep Issues				
	o Body Image				
	o Body Changes				
	o Sexual Health & Relationships				
	o Menstrual issues ♀				
Education & Advice:					
Nutrition		Active healthy living		Behaviours and Habits	
- o Refer to Canada's Food Guide - o Eat a variety of vegetables and fruits daily - o Choose whole grains - o Eat protein daily. Consume plant-based proteins more often. - o Choose mostly unsaturated rather than saturated fats - o Water is the beverage of choice. - o Avoid sugar-sweetened beverages and diet drinks - o Family meal-time and home-cooked meals can promote healthy eating - o Ask about supplements and CAM - o Vitamin D – through diet or supplement (400IU)		- o Refer to CSEP guidelines - o Daily physical activity (PA) 60 min of heart-pumping activity - o Include vigorous PA for 60 min. ≥ 3 days/week - o Include muscle and bone strengthening ≥ 3 days/week - o Stay active - several hours of light physical activity/day, limit sitting for extended periods - o Screens - no more than 2 hrs per day of recreational screen time, less is better - o Sleep - 9 to 11 hours/d – ages 6 to 13 years		- o Ask about safe media use, TV and Internet - o Hearing Protection - o Effective Discipline & Positive Parenting - o Dental care, fluoride - o Substances & Addictions - o Alcohol - o Tobacco - o Cannabis - o Other	
				Injury Prevention And Safety	
				- o Refer to Parachute Canada - o Helmet safety - o Vehicle Safety (see local laws) - o Rear seat: ≥ 145 cm (57 in) and check fit of lap & shoulder belts - o Front seat: usually ≥ 13 years - o Violence & Firearms - o Trampoline Safety - o Water Safety - o Sun Safety - o Smoke and Carbon Monoxide Detectors - o Environmental Hazards – - o incl. Second Hand Smoke	
Examination	Blood Pressure				
	Head & Neck				
	Visual Acuity (L) (R)				
	CVS				
	Chest				
	Back				
	Abd				
	GU				
	Sexual Maturity Rating				
	Skin				
Assessment					
Immunization	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				
Medications	©A.Greig 2025				
	Signature				