

Date Updated:

Section 4

Personal Baseline (111, 74, 109)



Your chart

HOW TO USE BODY MAPS

- 1 Below you will find a male and female body chart. You will also find a chart to track the dates of your exams.
- 2 On the first exam, make a dot corresponding to the location on your skin of each freckle, mole, birthmark, bump, sore, scab, or scaly patch. Draw a line out to the margin and indicate its approximate size (use a ruler or measuring tape) and color, and the date.
- 3 For each exam after that, find the spot on your skin that matches each dot, record the new date next to the old one, and note any changes in size, color, or shape. Record any spots you did not see on last examination.

LAST CHECKED	TODAY'S DATE	BODY CHANGES



