

Staying Healthy Flowsheet — Women

Name _____

Age _____

Date 1/1/05 _____

Cardiovascular Prevention		Ex.											
Weight (Ideal Body Weight _____ lbs.)		164											
Exercise min/wk. (goal 150+)		150											
Blood pressure (target = _____)		142/88											
Cholesterol (target = _____)		206											
Diabetes (target = _____)		78											
ECG?		y											
Cancer Prevention													
Skin check (any spots?)		n											
Mammogram (every __ years)		y											
PAP smear		n											
Colon (test _____)		FOB-											
Immunizations													
Influenza (yearly)		y											
Pneumonia (at 65, repeat in 5 years)		y											
Td booster (every 10 years)		n											
Other													
Eye exam (every 1 to 2 years)		y											
Osteoporosis (at risk every 2 years)		n											
Reminders:													