

**UPDATE FOR ANNUAL PHYSICAL**

DATE OF LAST PHYSICAL \_\_\_\_\_

NAME \_\_\_\_\_ DOB \_\_\_\_\_ AGE \_\_\_\_\_ TODAY'S DATE \_\_\_\_\_

**THINGS YOU WOULD LIKE TO DISCUSS DURING THIS VISIT:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

**CURRENT MEDICATIONS INCLUDING OVER THE COUNTER:**

| DRUG NAME | STRENGTH | HOW OFTEN |
|-----------|----------|-----------|
| 1. _____  | _____    | _____     |
| 2. _____  | _____    | _____     |
| 3. _____  | _____    | _____     |
| 4. _____  | _____    | _____     |
| 5. _____  | _____    | _____     |
| 6. _____  | _____    | _____     |
| 7. _____  | _____    | _____     |
| 8. _____  | _____    | _____     |

**HAVE YOU HAD ANY IMMUNIZATIONS SINCE YOUR LAST PHYSICAL? LIST BELOW:**

\_\_\_\_\_  
\_\_\_\_\_

**IN THE PAST 12 MONTHS, OR SINCE YOUR LAST PHYSICAL, HAVE YOU HAD:**

|                   | YES   | NO    | DATE  | DR. NAME OR LOCATION IF KNOWN |
|-------------------|-------|-------|-------|-------------------------------|
| GYN EXAM          | _____ | _____ | _____ | _____                         |
| EYE EXAM          | _____ | _____ | _____ | _____                         |
| DENTAL            | _____ | _____ | _____ | _____                         |
| COLONOSCOPY       | _____ | _____ | _____ | _____                         |
| BONE DENSITY TEST | _____ | _____ | _____ | _____                         |
| PSA TEST          | _____ | _____ | _____ | _____                         |
| MAMMOGRAM         | _____ | _____ | _____ | _____                         |
| STRESS TEST       | _____ | _____ | _____ | _____                         |
| EKG               | _____ | _____ | _____ | _____                         |
| CHEST XRAY        | _____ | _____ | _____ | _____                         |

**LIST ANY NEW MEDICATION OR FOOD ALLERGIES SINCE LAST PHYSICAL**

\_\_\_\_\_

**HAVE YOU HAD ANY SURGERIES SINCE LAST PHYSICAL? (IF YES, WHAT WAS THE SURGERY?)**

\_\_\_\_\_

**HAVE YOU HAD ANY NEW DIAGNOSES SINCE LAST PHYSICAL?** \_\_\_\_\_

\_\_\_\_\_

**WHAT IS YOUR CURRENT FITNESS ROUTINE?** \_\_\_\_\_

\_\_\_\_\_

**DO YOU SMOKE?** \_\_\_\_\_ **IF YES, # DAILY** \_\_\_\_\_ **DO YOU DRINK?** \_\_\_\_\_ **IF YES, # DAILY** \_\_\_\_\_