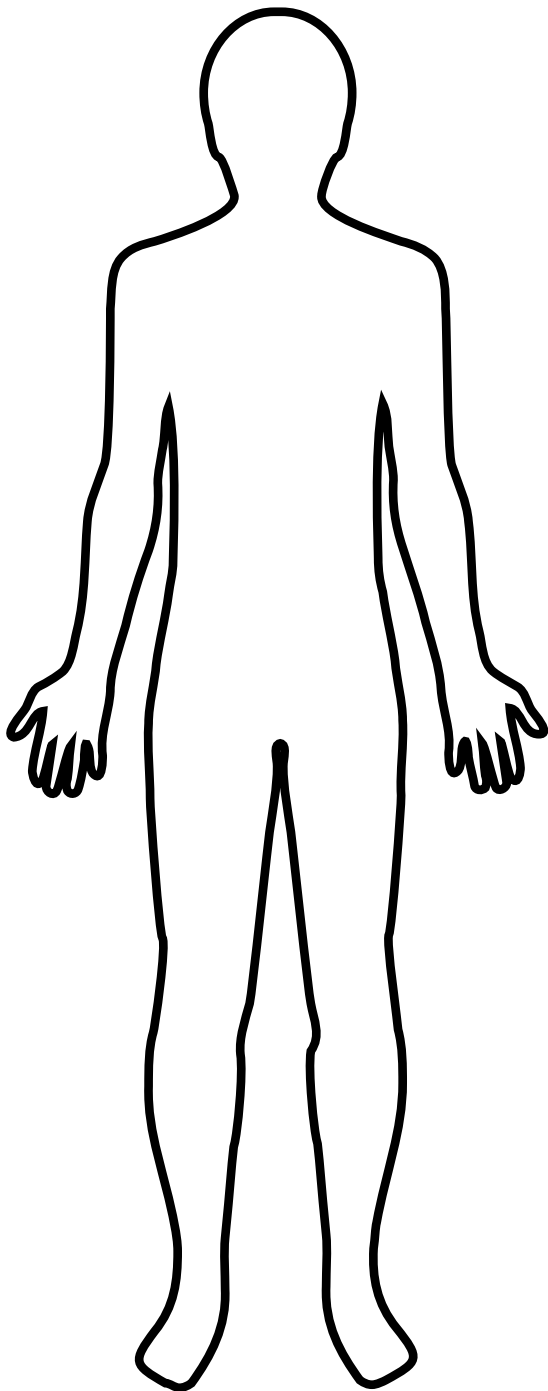
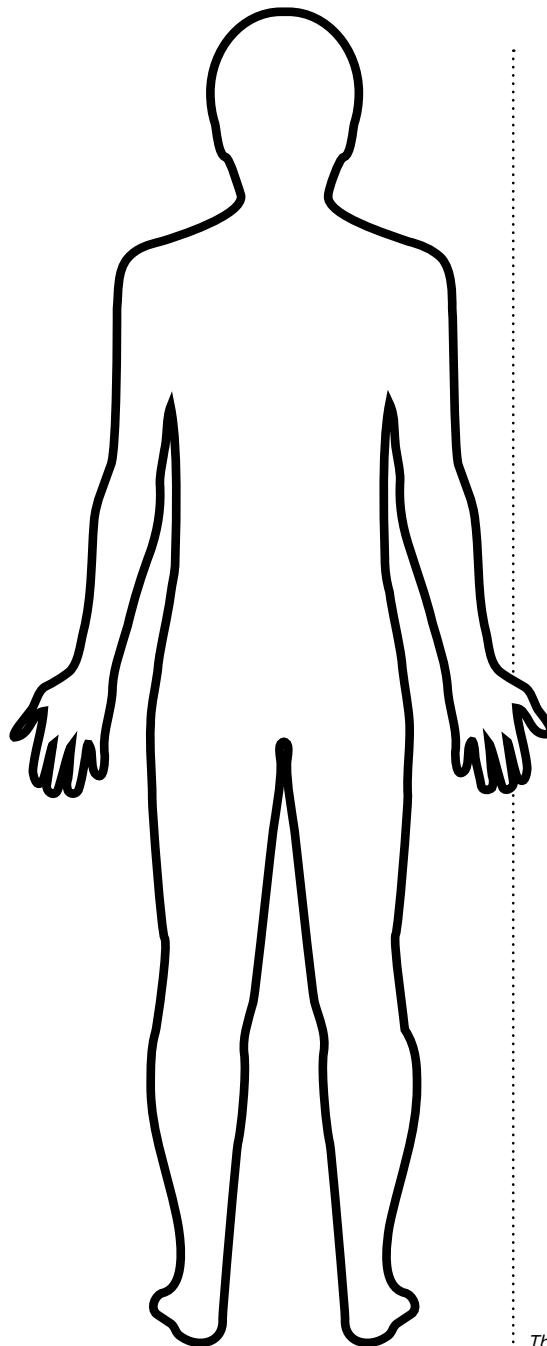


Body Map

DIRECTIONS: During your first skin check, draw a dot that corresponds with each freckle, mole, birthmark, bump, sore, scab, or scaly patch on your skin. Label the approximate size and color, along with the date that you first noticed it. 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 change in size, color, or shape. You should also record any spots you did not see during your last examination.



FRONT



BACK

MEASUREMENT GUIDE



3mm



5mm



7mm



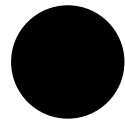
9mm



11mm



13mm



15mm

*Special thanks to
The Skin Cancer Foundation for their
help with this worksheet! For more
information on skin cancer prevention,
visit SkinCancer.org.*