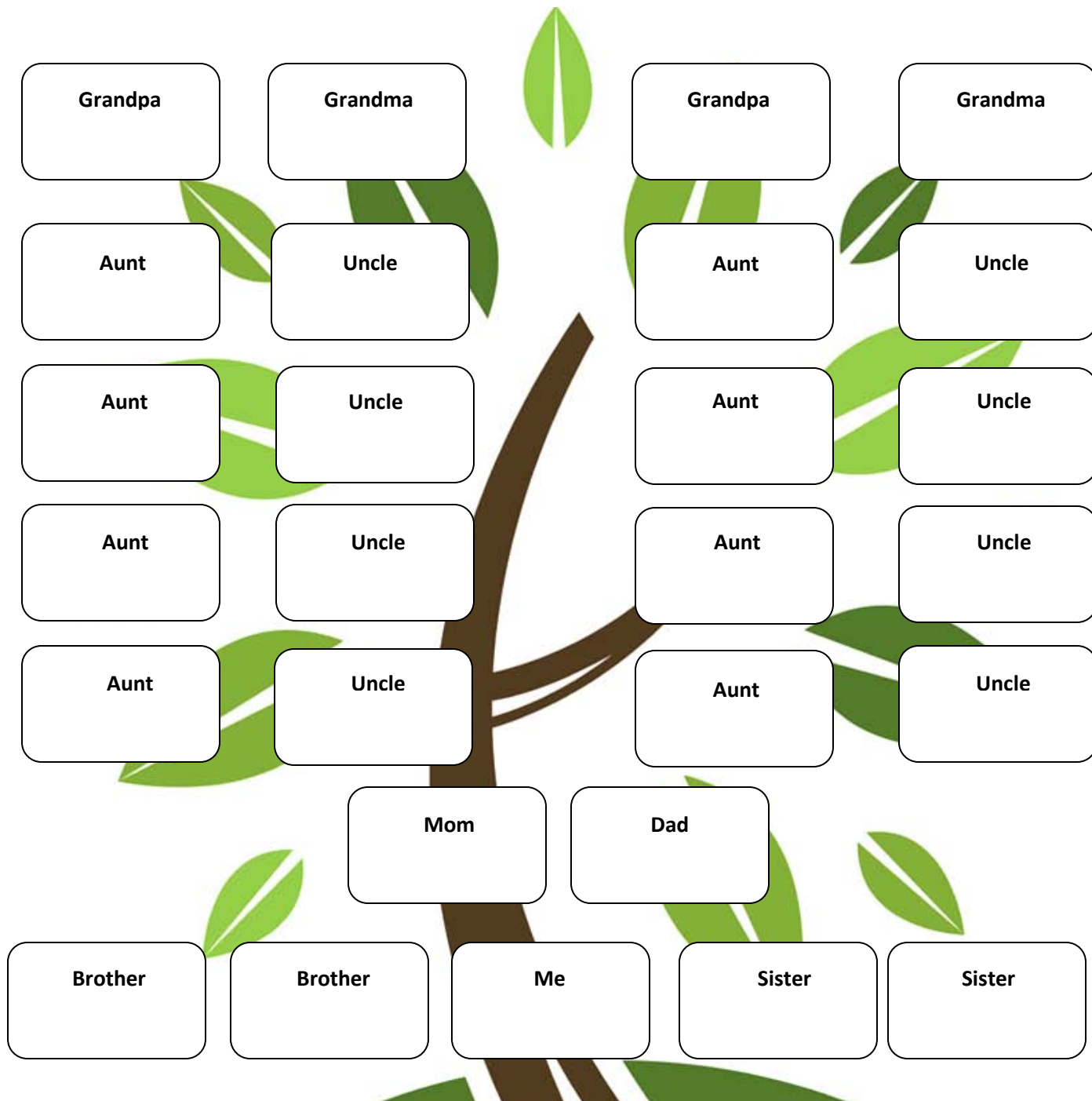


My Family Health Tree



Grandpa	Grandma	Grandpa	Grandma	
Aunt	Uncle	Aunt	Uncle	
Aunt	Uncle	Aunt	Uncle	
Aunt	Uncle	Aunt	Uncle	
Aunt	Uncle	Aunt	Uncle	
Mom		Dad		
Brother	Brother	Me	Sister	Sister

Use this tree to discover which health conditions, like heart disease, may be in your family. With the help of your mom or dad, fill in the boxes with the health conditions of your blood relatives. Be sure to complete both sides of the family. By knowing which health conditions and diseases are in your family, you can make the right healthy choices to help prevent those conditions from being passed down to you. Post your completed family tree on the refrigerator to remind you and your family of the importance of making healthy choices.