

Name \_\_\_\_\_ Date \_\_\_\_\_

Weight \_\_\_\_\_ ( \_\_\_\_\_ %) Height \_\_\_\_\_ ( \_\_\_\_\_ %) BMI \_\_\_\_\_ ( \_\_\_\_\_ %)

Blood Pressure \_\_\_\_\_

## Growth and Health

- Limit screen time to 1-2 hours a day.
- When thinking about your body, aim for FIT (don't concentrate so much on whether you are FAT). If you are concerned about your weight (being too thin or too heavy), please talk to your doctor. People come in all shapes and sizes.
- Exercise for at least 30-40 minutes 4-5 times a week.
- When it comes to sexuality, abstinence is the only way to guarantee that you or your partner won't become pregnant or contract a sexually transmitted infection. If you are thinking about becoming sexually active, talk to your parents and/or doctor first.
- This is a time when your body is going through many changes. You may be growing faster or slower than your peers. You may or may not be physically attracted to other people. Everyone grows and develops differently. Please talk to your parents and/or your doctor if you have questions.
- SAY NO TO: drugs, alcohol, chewing tobacco, smoking, diet pills, steroids, and any other drugs or pills.
- Emotional ups and downs are normal, but if it is affecting your ability to function, talk to your doctor.

## Safety

- Never get into the car with a drunk or high driver.
- Use sunscreen with SPF 30 or above and apply every 2 hours. Never use tanning beds.
- Never use your cell phone while driving, especially to text.
- Always wear your seat belt.
- Always wear safety gear when biking, skating, snowboarding, skiing, or riding on an ATV or horse.
- Do not play with guns.
- Never use violence to settle a conflict.
- Digital pictures and information can be seen by anyone, friends and/or strangers. Be careful and responsible.
- If you are uncomfortable with the way you have been treated online, tell an adult.

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## Nutrition

- Eat breakfast every day, and eat meals with your family... it is a great time to discuss your day.
- Do not eat in front of the TV.
- Avoid eating too much fast food or junk food (pop, chips, candy, and energy drinks).
- Eat 5 servings of fruits and vegetables a day.
- Aim for 3-4 servings of dairy a day to get enough calcium for bone growth and strength.
- Remember to drink 6-8 glasses of water a day.

## Responsibility

- You are at the age during which you are expected to learn about responsibility. This means: doing your homework, completing your chores, respecting your parents, and being honest.
- Have at least one adult that you can trust and talk to about difficult problems.
- Be kind to others, and do not harm yourself or others.
- Your parents should: be good role models, maintain consistent rules for the household, teach money handling, and LISTEN to your concerns and SUPPORT your successes!

## At this visit

Typical screenings: depression, cholesterol\* (age 17-21)

Typical immunizations: Influenza when in season. At age 16 Menveo (Meningitis A) and Bexsero (Meningitis B)

\*Per provider discretion

**Return in 1 to 2 years for your next well child visit!**