

Life Timeline

Patient Information

Name:

Date of Birth:

Gender:

1. Early Life (0-18 Years)

Key Childhood Milestones

1. Early Life (0-18 Years)

Transition to Adulthood

3. Early Adulthood (21-30 Years)

Educational Achievements:

Career Beginnings:

Personal Relationships:

Health Milestones:

4. Adulthood (30-60 Years)

Career Advancements:

Family Developments:

Health Concerns or Achievements:

Major Life Events:

5. Later Life (60+ Years)

Retirement or Career Transitions:

Health Challenges or Achievements:

Family Dynamics:

Noteworthy Achievements or Activities:

6. Current Health Snapshot

Current Medications:

Existing Health Conditions:

Recent Medical Procedures:

Lifestyle Factors (e.g., Diet, Exercise):

7. Future Health Goals

Patient's Health Aspirations:

Potential Health Concerns:

Preferred End-of-Life Care Preferences:

Family Involvement in Decision-Making:

Additional Notes and Considerations

Patient Preferences:

Cultural or Religious Influences:

Psychosocial Factors:

Any Other Relevant Information:

Instructions for Medical Professionals

Review Patient's Timeline:

Integration into Care Plan:

Engage in Patient-Centered Conversations:

Regularly Update the Timeline: