

Male Annual Physical Exam

Personal Information

- Name:
- Date of Birth:
- Date of Examination:
- Healthcare Provider:
- Family History:

Vital Signs

- Blood Pressure:
- Heart Rate:
- Respiration Rate:
- Temperature:
- Oxygen Saturation:

Medical History

- Current Medications:
- Allergies:
- Past Surgeries:
- Chronic Conditions:
- Recent Hospitalizations/Illnesses:

Lifestyle Assessment

- Smoking Status:
- Alcohol Consumption:
- Physical Activity:
- Dietary Habits:
- Stress Level:
- Sleep Quality:

Health Screenings

- Blood Glucose Levels:
- Cholesterol Levels:
- Liver Function Tests:
- Kidney Function Tests:
- Thyroid Function Tests:
- PSA (Prostate-Specific Antigen): (If applicable)
- Testicular Exam:
- Skin Check for Abnormal Moles/Lesions:

Immunizations

- Tetanus-Diphtheria-Pertussis (Tdap):
- Influenza:
- Pneumococcal Vaccine:
- Hepatitis A/B:
- Shingles:
- HPV:
- COVID-19:

Screening Tests

- Colorectal Cancer Screening (e.g., colonoscopy): (If applicable)
- Hepatitis C Test:
- Bone Density Scan:
- Abdominal Aortic Aneurysm Screening: (If applicable)

Physical Examination

- Head and Neck:
- Heart Exam:
- Lung Exam:
- Abdominal Exam:
- Neurological Exam:
- Extremities Exam:
- Genital/Prostate Exam:

Counseling Topics

- Nutrition and Diet:
- Physical Activity:
- Tobacco/Alcohol/Substance Use:
- Injury Prevention:
- Safe Sex Practices:
- Mental Health:

Additional Notes:

Instructions:

- Fill in Personal Information: Start by filling out your name, date of birth, and the date of your last examination.
- Record Vital Signs: These will be measured by your healthcare provider at the appointment.
- Update Medical History: Include any new diagnoses, medication changes, or other relevant health updates.
- Assess Lifestyle: Be honest about your smoking, drinking, exercise, and eating habits, as they play a crucial role in your overall health.
- Track Health Screenings: Record the results of blood tests and other screenings. If anything is abnormal, discuss follow-up steps with your provider.
- Review Immunizations: Make sure you're up-to-date with vaccinations.
- Physical Examination Findings: Your provider will fill this out. It's a record of the physical exam findings during your visit.
- Counseling: Take note of any advice or counseling points from your healthcare provider to work on until your next visit.
- Follow-Up: Mark any recommended follow-up tests, appointments, or specialist visits.

Follow-Up Actions: