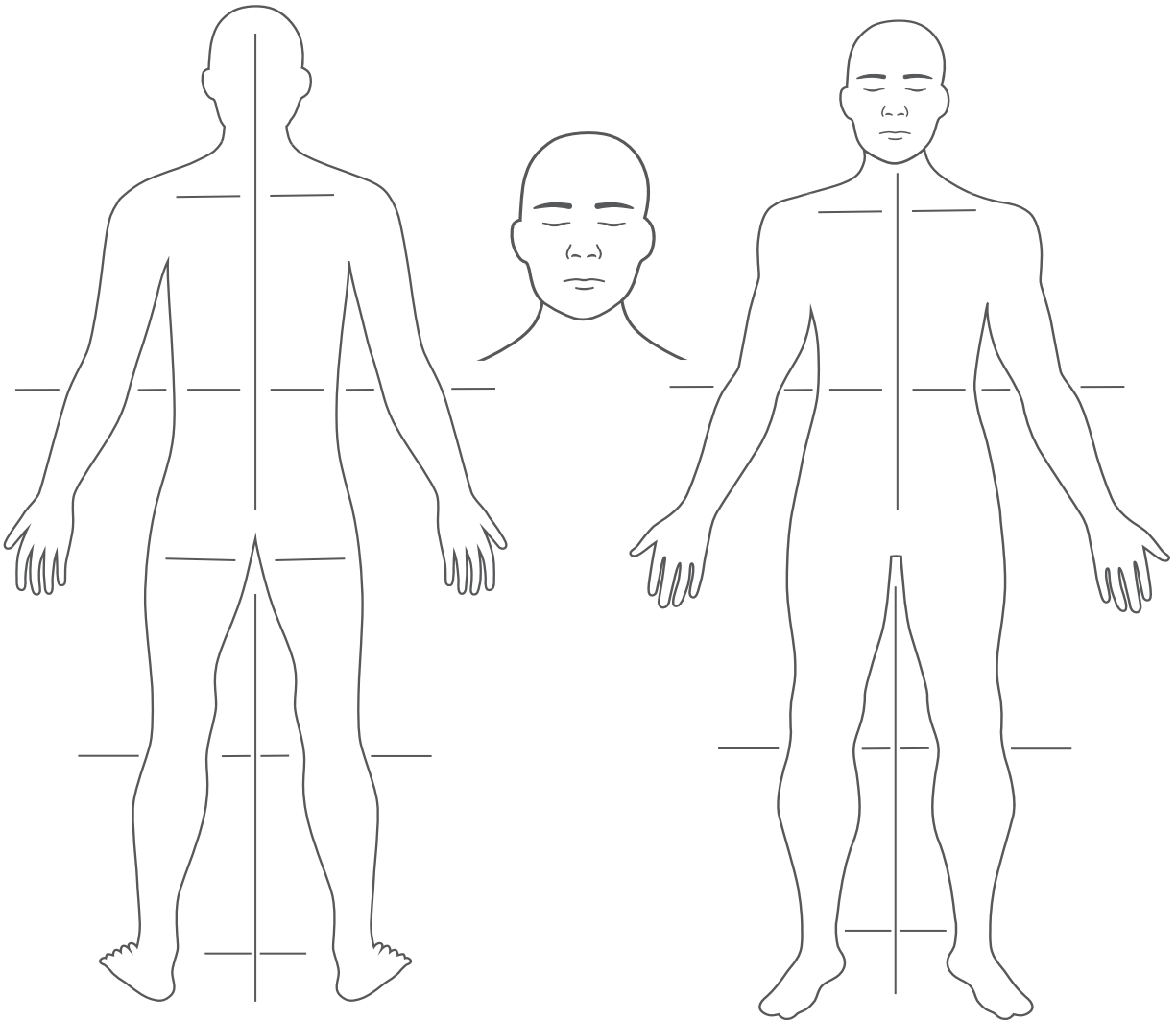


Name _____

Date _____

Body Map

Printing this body map can allow you to keep track of your moles or lesions during your self-examination.



When marking the areas on the body map, include the date and any additional comments. During your next self-examination, look at the body map to see if any changes have occurred. It is important to contact your doctor as soon as possible if you notice any changes. Taking photographs of the mole or lesion may also help you track any changes. For more information on performing self-examinations, visit us at **SkinCancer.net**.



Reference: Melbournmelanomaproject.com