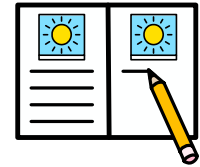


My body diary



Date _____

diary

Today I checked my...

Remember to colour or add your sticker!

Today I
checked
myself

Today my

felt like...

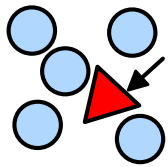
(fill in the space with what you call yours)

Version 2: Information was correct as of 2 December 2024.

The health information in these materials relating to testicular cancer awareness is provided by **Orchid**.

References available on request.

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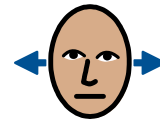


different

I felt like something was different (tick one)



yes

☐

no

☐

what

If yes, what was different. **Write below** or **put a tick** in the boxes that apply.



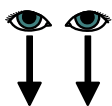
colour

The **colour**

☐

felt

How it **feels**

☐

looked

How it **looks**

☐

doctor

If you have noticed a change, you may need to see a doctor. Did you write down who you would tell if you noticed any changes? You should let them know.