

My body diary



Date _____

diary

Today I checked my...

Remember to colour or add your sticker!

Today I checked myself

Today my

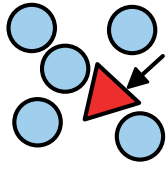
felt and looked like...

(fill in the space with what you call yours)



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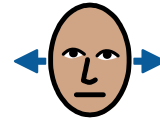


different

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.



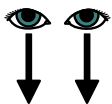
colour

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.