

# Keep track!

This will give you one handy place for all of your child's measurements—so you can see how they're growing over time.



Visit Date	Visit Date	Visit Date	Visit Date	Visit Date										
Name of Doctor	Name of Doctor	Name of Doctor	Name of Doctor	Name of Doctor										
Child's Name	Age	Weight	Child's Name	Age	Weight	Child's Name	Age	Weight	Child's Name	Age	Weight	Child's Name	Age	Weight
Vaccines / Medications	Vaccines / Medications	Vaccines / Medications	Vaccines / Medications	Vaccines / Medications										
Head Circumference	Head Circumference	Head Circumference	Head Circumference	Head Circumference										
Height / Growth Percentile	Height / Growth Percentile	Height / Growth Percentile	Height / Growth Percentile	Height / Growth Percentile										
Growth Velocity	Growth Velocity	Growth Velocity	Growth Velocity	Growth Velocity										

<b>Head Circumference</b>	This helps ensure that your child is growing proportionally and that their brain is growing properly. This is usually done up until 3 years old.
<b>Growth Percentile</b>	A percentile on a growth chart indicates children's average heights for their age group. The doctor will compare your child's height to average heights of other children the same age.
<b>Growth Velocity</b>	A child's annual growth rate is often referred to as growth velocity. The doctor will most likely look at the change in your child's height from year to year and see if he or she is growing at a normal rate.

