

Breast Health Tracker - Monthly Check-in

Use this simple one-page tracker to monitor changes in your breast health each month. Choose one consistent day (like the first of the month or a specific cycle day) to complete your self-check.

Date	Tenderness (Y/N)	Swelling (Y/N)	Lumps (Location/Size)	Nipple Changes	Skin Changes	Notes

Mammogram Reminder:

Last mammogram date: _____ Next scheduled: _____

Tips:

- Note any new symptoms or changes in the “Notes” column.
- Bring this tracker to your annual checkup or if you notice a persistent change.

Please remember: This tracker is for personal awareness only and does not replace professional medical advice. Always consult your healthcare provider with any concerns.