

My Family Health Tree (sample)

Grandfather

Robert Brown
1944-2025
lung cancer at 76

Grandmother

Ruth Brown
1950
osteoporosis in her
50s, skin cancer at 68



Grandfather

Luis Sanchez
1955
Type 1 diabetes
(diagnosed at 15), high
blood pressure

Grandmother

Victoria Sanchez
1956
stroke at 65, heart
disease, asthma

Aunt

Erin Brown
1986
mastectomy at 40

Mom

Natalie Sanchez
1980
allergies to pollen
and cats

Dad

Ian Sanchez
1980
Type 1 diabetes
(diagnosed at 10),
allergies to dust
and horses

Uncle

Diego Sanchez
1982
asthma, high
cholesterol

Aunt

Amelia Sanchez
1984
lupus (diagnosed
at 35)

Information to include

- Names
- Birth years
- Chronic illnesses (and age of diagnosis if you know it)
- Major surgeries
- Any other relevant medical information

Me

Luke Sanchez
2016
Type 1 diabetes
(diagnosed at 8)

Sister

Isabel Sanchez
2020
allergies to pollen
and cats



My Family Health Tree

Grandparent

Grandparent



Grandparent

Grandparent

Sibling

Sibling

Parent

Parent

Sibling

Sibling

Sibling

Sibling

Sibling

Me

Sibling

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