

Years	Pre-conception	-9 months	- 6 months	- 3 months	- 1 month	Birth	1 month
Type of Diet							
Supplements							
Medications							
Vaccinations							
Illnesses							
Accidents/ Incidents							
Interventions /Therapies							
Operations							
Significant people							
Major Events							
Affairs of the Heart							
Children							
Activities							
Studies							
Employment							



3 months	6 months	1 year	1 1/2 years	2 years	3 years	4 years	5 years



6 years	8 years	10 years	12 years	14 years	16 years	18 years	20 years

25 years	30 years	35 years	40 years	45 years	50 years	55 years	60 years



65 years	70 years	75 years	80+ years