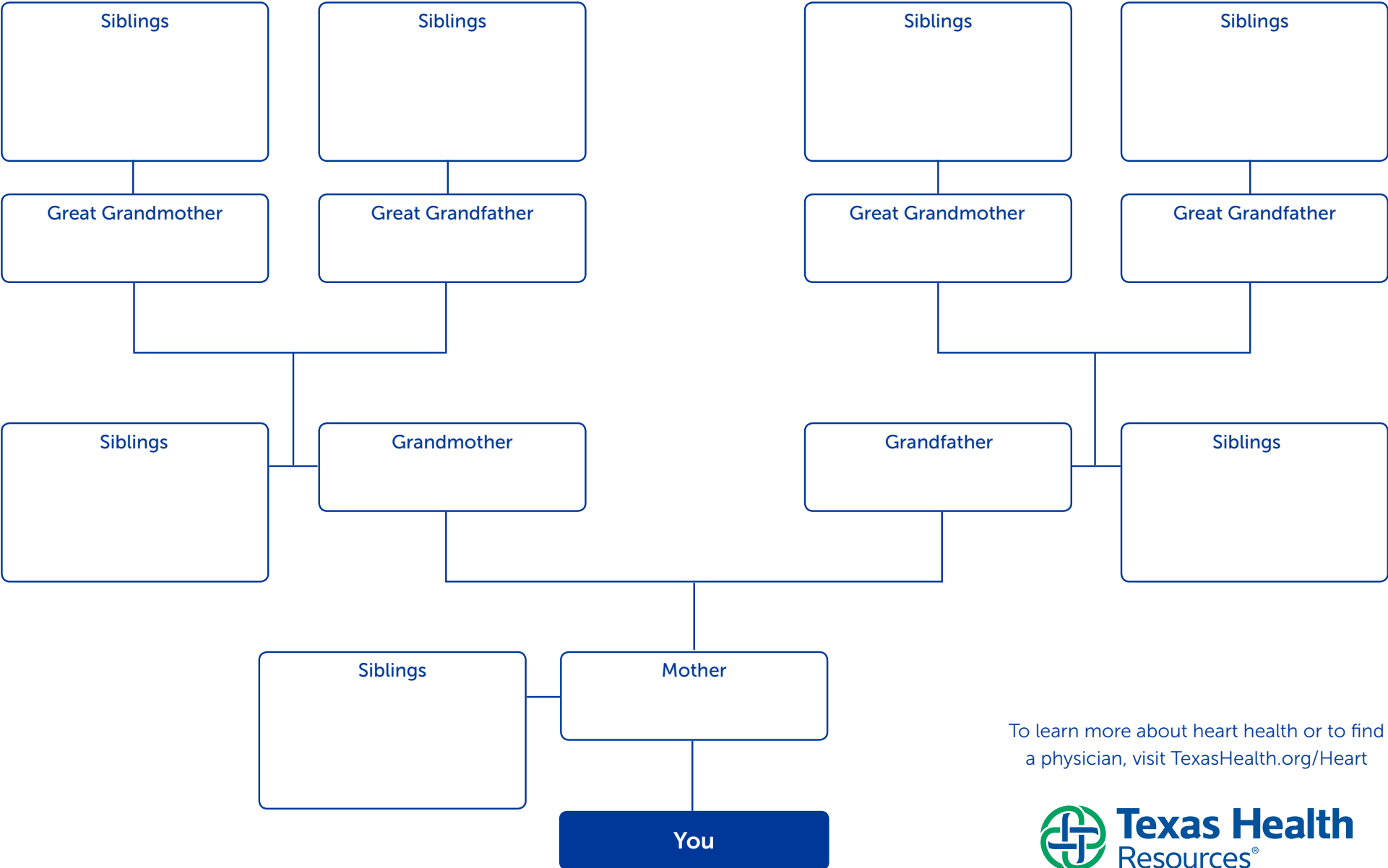


# Family Health History Tree: **Mother's Side**

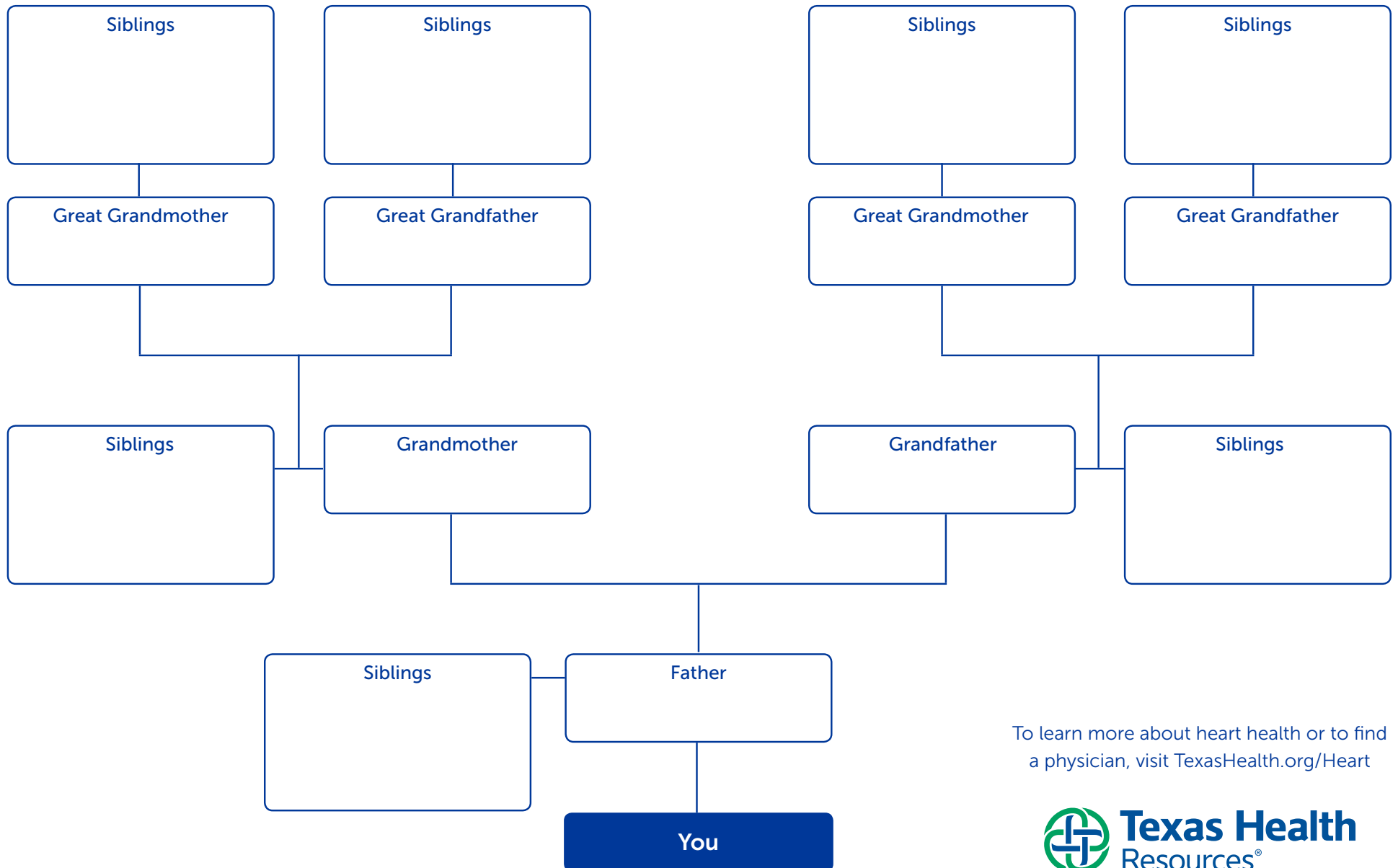
Download and print this document for recording your family's heart health history. In each box, note instances of heart attack, stroke, high blood pressure and/or high cholesterol with the corresponding family member. Bring the completed family tree (both mother's and father's side) to your doctor to help create a heart-healthy plan.



To learn more about heart health or to find a physician, visit [TexasHealth.org/Heart](https://www.texashealth.org/heart)



# Family Health History Tree: **Father's Side**



To learn more about heart health or to find a physician, visit [TexasHealth.org/Heart](https://www.texashealth.org/heart)