

PRINTABLE FLOW TOOL

Flow Tool 7: Family Flow Map



PRINTABLE
VERSION

Record early heart attacks, strokes, rhythm problems, heart-muscle or aortic disease, and sudden death.

YOU, SIBLINGS, AND CHILDREN

	CONDITION	AGE AT ONSET	NOTES
Self			
Sibling(s)			
Child(ren)			

PARENT GENERATION

	CONDITION	AGE AT ONSET	NOTES
Father			
Mother			
Uncle or aunt			
Other relative			

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GRANDPARENT GENERATION

	CONDITION	AGE AT ONSET	NOTES
Father’s father			
Father’s mother			
Mother’s father			
Mother’s mother			

TIP Flag a heart attack or stroke before age 55 in a male first-degree relative or before age 65 in a female first-degree relative. Write “unknown” if needed. Use another copy if you need more rows.

Look for patterns, not perfection.