

# Breast Exam Log

(L) = left  
(R) = Right

(Add a check mark and describe findings  
in boxes provided)

Date of last mammogram:

Next appointment date:

Date of (L) breast exam:			Date of (R) breast exam:		
Breast Tenderness			Breast Tenderness		
Redness			Redness		
Nipple Discharge			Nipple Discharge		
Puckering			Puckering		
Dimpling			Dimpling		
Lump			Lump		
Normal			Normal		
Date of (L) breast exam:			Date of (R) breast exam:		
Breast Tenderness			Breast Tenderness		
Redness			Redness		
Nipple Discharge			Nipple Discharge		
Puckering			Puckering		
Dimpling			Dimpling		
Lump			Lump		
Normal			Normal		
Date of (L) breast exam:			Date of (R) breast exam:		
Breast Tenderness			Breast Tenderness		
Redness			Redness		
Rash			Rash		
Nipple Discharge			Nipple Discharge		
Dimpling			Dimpling		
Lump			Lump		
Normal			Normal		
Date of (L) breast exam:			Date of (R) breast exam:		
Breast Tenderness			Breast Tenderness		
Redness			Redness		
Nipple Discharge			Nipple Discharge		
Puckering			Puckering		
Dimpling			Dimpling		
Lump			Lump		
Normal			Normal		