



LESSON M • HEALTH ARMOR • TRACKER

MY HEALTH TEAM + VACCINE TRACKER

People who answer, plus what protection you already carry. “Don’t know” is a fine answer.

Private – nobody collects this page.

● MY HEALTH TEAM – AT LEAST ONE ADULT

Primary adult: _____ Role: _____ How I reach them: _____

Backup 1: _____ Role: _____ How I reach them: _____

Backup 2: _____ Role: _____ How I reach them: _____

Clinic / community health center: _____ Phone: _____

Family adults, school nurse, counselor, coach and your doctor all count. **Practice the ask:** “Can you be on my health team if I have a question?”

● VACCINE TRACKER – CHECK WHAT YOU’VE HAD, MARK WHAT TO ASK ABOUT

VACCINE	WHAT TO KNOW	I’VE HAD IT	DON’T KNOW	ASK ABOUT IT
HPV	Recommended at ages 11–12 (can start at 9)	☐	☐	☐
Hepatitis B	Usually given as a baby — teens who missed it can catch up	☐	☐	☐
Flu	Every year	☐	☐	☐
COVID	Ask what’s current for you	☐	☐	☐
Meningococcal	Ask your doctor if it’s due	☐	☐	☐
Other: _____		☐	☐	☐

CAPE names two: **HPV** and **Hepatitis B**. Not sure? Ask a parent or your doctor — or look at [cdc.gov/vaccines](https://www.cdc.gov/vaccines) together.

● QUESTIONS FOR MY DOCTOR – NO QUESTION IS TOO SMALL OR TOO WEIRD

1 ☐ _____

2 ☐ _____

3 ☐ _____

Star the one you most want answered. Say it out loud once, word for word.