

Your family tree

Fill in the name of each family member, their relation to you, the date they were born and they date they passed, if they are no longer with you. Write down any health conditions that you're aware of. You'll also want to include ethnicity for each family member since ethnic background can often be a clue to certain health conditions.

YOUR BROTHERS & SISTERS

It's your brothers and sisters (from the same mother and father), not your parents, who provide your closest genetic match.

NAME	RELATION	ETHNICITY	BIRTH	PASSING	HEALTH CONDITIONS

YOUR MOM'S FAMILY

Include your mother, her parents, brothers and sisters (your aunts and uncles) and any other relatives you know about.

NAME	RELATION	ETHNICITY	BIRTH	PASSING	HEALTH CONDITIONS

YOUR DAD'S FAMILY

As with your mother's side, list your father's parents, brothers and sisters. It's especially important to list any relative who died young or had a health condition.

NAME	RELATION	ETHNICITY	BIRTH	PASSING	HEALTH CONDITIONS