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Years	Type of Diet	Supplements	Medications	Vaccinations	Illnesses	Accidents/ Incidents	Interventions /Therapies	Operations	Significant people	Major Events	Affairs of the Heart	Children	Activities	Studies	Employment
Pre-conception															
-9 months															
- 6 months															
- 3 months															
- 1 month															
at Birth															
1 month															
6 months															
1 year															
1 1/2 years															
2 years															
3 years															
4 years															
5 years															
6 years															
8 years															
10 years															
12 years															
14 years															
16 years															
18 years															
20 years															
25 years															
30 years															
35 years															
40 years															
45 years															
50 years															
55 years															