

Confidential PATIENT Bright Futures Questionnaire Age 15-21 Years

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Patient's FIRST Name ONLY: _____

Date: _____

Patient's Age: _____

Date of birth: _____

Diet/Growth:

1. I eat mostly healthy foods: Yes No
 - a. I feel that I am (check all that apply): Too heavy Too light Just right Too tall Too short
2. I exercise daily and for at least 30 minutes a day: Yes No
 - a. What sport or activity? _____
 - b. During exercise, I feel dizzy, abnormally short of breath, faint or have chest pain? Yes No

Puberty:

1. GIRL'S Puberty:
 - a. I am happy with the appearance of my skin: Yes No
 - b. My periods are (check all that apply):
 - i. Regular Irregular Heavy Light Normal Abnormal Crampy Make me moody
 - ii. _____ days between periods with a period lasting _____ days at a time
 - iii. I use a period app to track: Yes No Which one? _____
 - iv. I am unhappy with my periods and would like to discuss what can be done to help: Yes No
 - c. I know how to do a self-breast exam: Yes No
2. BOY'S Puberty:
 - a. I am happy with the appearance of my skin: Yes No
 - b. I have normal erections: Yes No Unsure
 - c. I know how to do a self-testicle exam: Yes No
3. I am concerned that I may have depression: Yes No
 - i. I have thoughts of harming myself: Yes No
 - i. I am aware that the phone number 2-1-1 is a 24 hour free mental health hotline: Yes No

Elimination:

1. I pee regularly and without pain Yes No
 - a. I drink enough water that my pee comes out clear or light yellow: Yes No
2. I poop daily: Yes No AND My stool is: Soft Hard Painful

Sleep:

1. I sleep well: Yes No
 - a. I typically get _____ hours of uninterrupted sleep at night.
 - b. I have nightmares/sleepwalking/insomnia/sleep disturbance: Yes No
 - c. I look at screens(phone, computer, TV,etc) in the hour before I go to bed: Yes No
 - i. I sleep with my phone in my bedroom: Yes No

Behavior:

1. I make good choices: Yes No
 - a. I smoke/vape: Yes No
 - b. I use drugs or drink alcohol: Yes No
2. I have good friends who care about me and look out for me: Yes No
3. I consider myself: Straight Gay/Lesbian Bisexual Transgender Unsure
 - a. I am attracted to: Boys Girls Both Neither
 - b. I am sexually active with: Boys Girls Both Neither – I have not had sex
 - i. I use contraception to prevent pregnancy: Yes No AND I have had unprotected sex
 - ii. I use contraception to prevent STDs: Yes No AND I am interested in being tested Yes No
 - iii. I am interested in talking/learning about contraception: Yes No

Learning:

1. I am a good student: Yes No Where: _____ Grade/Year: _____
2. My grades are typically: A's B's C's D's F's
3. I have a plan for my future: Yes No

Patient Signature: _____