

PEDIATRIC GROWTH & MILESTONE TRACKER

Child's Name: _____

DOB: ___/___/___

Blood Type: _____

AGE	DATE	HEIGHT (IN/CM)	WEIGHT (LB/KG)	DEVELOPMENTAL MILESTONES
1 Month				Focuses on faces
2 Months				Coos, holds head up
4 Months				Reaches for toys
6 Months				Sits with support
9 Months				Crawls, pincer grasp
12 Months				First steps, "Mama/Dada"
18 Months				Walks alone, eats with spoon
2 Years				2-word phrases
3 Years				Tricycle, toilet training

AGE	DATE	HEIGHT (IN/CM)	WEIGHT (LB/KG)	DEVELOPMENTAL MILESTONES
4 Years				Hops, draws person

Notes: This chart is for personal tracking. Consult your pediatrician for clinical assessments and percentiles.