

Your Skin Self-Check Log

A simple monthly record of any moles or patches worth keeping an eye on.

What to look for — the ABCDE guide

A	Asymmetry — one half doesn't match the other
B	Border — edges are irregular, blurred or notched
C	Colour — uneven shade, or more than one colour
D	Diameter — larger than a pencil eraser (about 6mm)
E	Evolving — changing in size, shape or colour over time

Your monthly check log

Pick a day each month to look over your skin, and jot down anything you want to keep an eye on.

Date checked	Location on body	Size / shape	Colour / appearance	Changed since last time?	Notes

If a mole or patch matches any of the ABCDE signs above, or won't heal within a few weeks, book a doctor's appointment rather than waiting for your next check. This log is for personal record-keeping only and is not a substitute for personalised medical advice, diagnosis or treatment.