









### BSA Annual Health and Medical Record (Health Form)

-  **Step 1** – Download a PDF of the health form under “All Scouting Events” (Part A&B):  
<http://www.scouting.org/scoutsource/healthandsafety/ahmr.aspx>
  
-  **Step 2** – Complete form using Adobe Acrobat (link to free reader: <http://get.adobe.com/reader/>)
  
-  **Step 3** – Save and print a copy of the completed form (File → Save As...) and (File → Print)
  
-  **Step 4** – Bring the signed form to either the November or December Pack Meeting and give to Jennifer Shelton (Pack Secretary).

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