

Example Skin Journal Entry:

Date: July 31, 2025

Location: Right arm, inner elbow

Size/Shape: 6mm, irregular

Color: Dark brown with lighter patches

Borders: Jagged edges, uneven

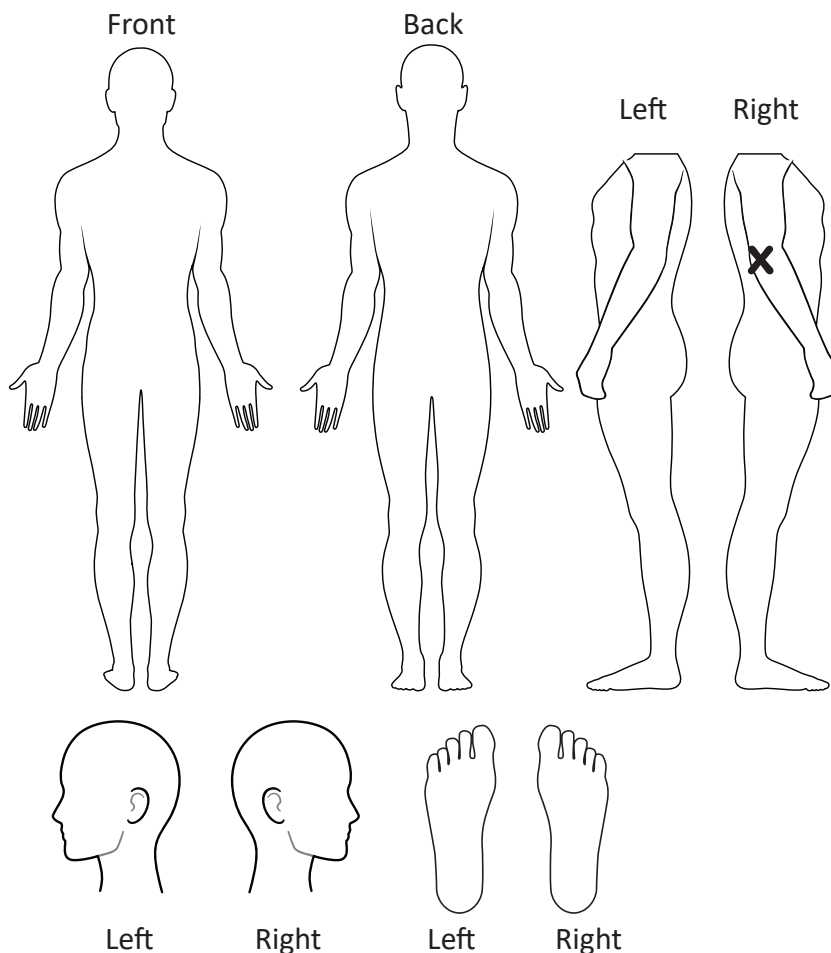
Symmetry: Asymmetric

Texture: Raised, dry

Changes: Growing slightly over the last 2 months

Notes: Not painful, but looking different from other moles.

***Mark the quantity and location of lesions**



Questions?

Reach out to our health care navigator to learn more about the next steps in prevention and early detection. Contact support@melanomacanada.ca or call (905) 901-5121

Skin Cancer Journal Template

Date:

Location:

Size/Shape:

Color:

Borders:

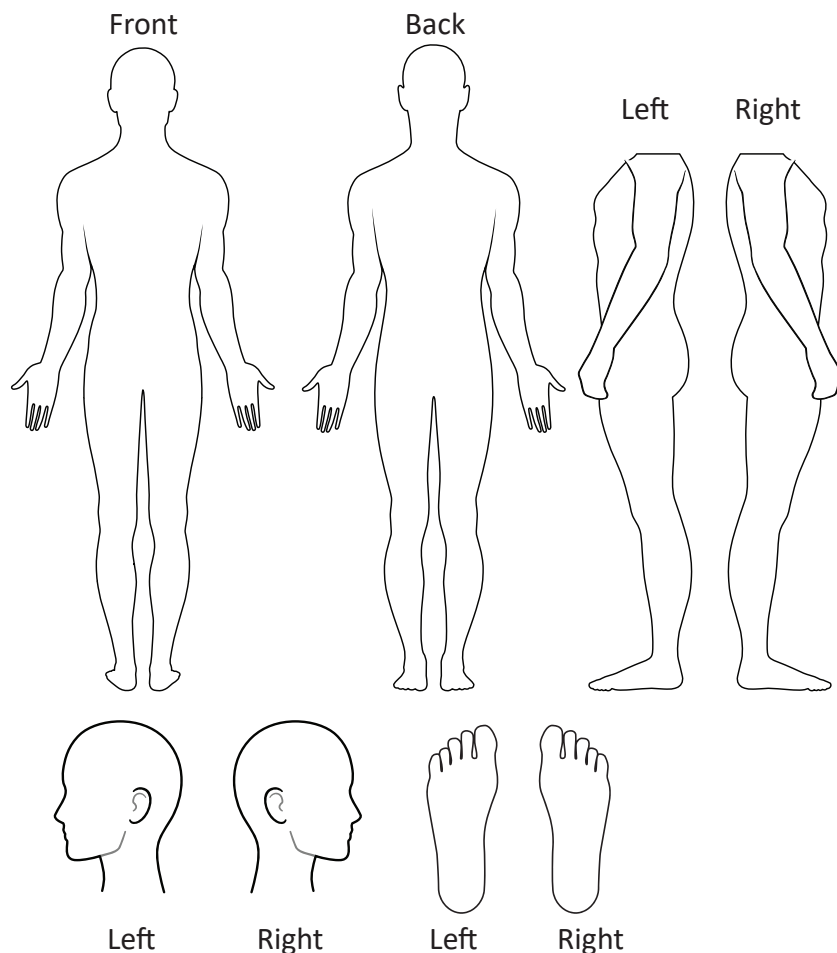
Symmetry:

Texture:

Changes:

Notes:

***Mark the quantity and location of lesions**



Questions?

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