This section provides you the opportunity to leave a biography about yourself to your children and future generations. While some information may be anecdotal, medical information could potentially be of use for grandchildren and great-grandchildren.

Expand on these sections as you wish. Additional ideas for inclusion:

- Photographs
- Family trees
- Audio recordings
- Video recordings
- Letters, birthday cards, etc. offering insight into the personalities and experiences of previous generations

Background	
Your Name:	
Date of Birth:	
Place of Birth:	
Mother's Name:	
Mother's Place of Birth:	
Father's Name:	
Father's Place of Birth:	
Personal	
Where You Lived and When:	
When Married:	
How You Met Your Spouse:	

Favorite Activities with Spouse:	
Children:	
Favorite Activities with Children:	
Pets:	
Medical Notes of Interest:	
Education and Career	
Education:	
Languages Learned:	
Careers held:	
Professional Accomplishments:	
Volunteer Accomplishments:	

Activities	
Favorite Sports Teams:	
Sports played:	
Hobbies:	
Collectables:	
Experiences	
Places of Interest Visited:	
Advice on Love:	
Advice on Friends:	
Advice on Happiness:	

Advice on Careers	s:			
Lessons Learned i	n Life:			
Miscellane	rous			
Favorite Historica	l Figures and Why:			
Important	Political	Issues	and	Views:

Previous Generations

Provide first-hand insight into family members future generations did not or will not have the opportunity to know.

Name:
Place of birth:
Dates lived:
Spouse:
Children:
Education:
Occupation:
Interesting notes:
Medical notes:
Name:
Place of birth:
Dates lived:
Spouse:
Children:
Education:

Occupation:
Interesting notes:
Medical notes:
Name:
Place of birth:
Dates lived:
Spouse:
Children:
Education:
Occupation:
Interesting notes:
Medical notes: