



By: Dr Akanksha Sharma, MBBS, MD (Preventive & Community Medicine)

1. Physical changes	Growth & pattern	Emotional & behavioural
<ul style="list-style-type: none"><input type="checkbox"/> Breast development noted<input type="checkbox"/> Rapid height increase over months<input type="checkbox"/> Body odour earlier than peers<input type="checkbox"/> Acne or skin changes<input type="checkbox"/> Pubic or underarm hair	<ul style="list-style-type: none"><input type="checkbox"/> Growth feels faster than expected<input type="checkbox"/> Clothes/shoes outgrown quickly<input type="checkbox"/> Growth seems sudden rather than gradual	<ul style="list-style-type: none"><input type="checkbox"/> Increased emotional sensitivity<input type="checkbox"/> Body awareness or embarrassment<input type="checkbox"/> Questions about body changes
Lifestyle factors	When to seek medical advice	
<ul style="list-style-type: none"><input type="checkbox"/> Sleep duration < 8–9 hours<input type="checkbox"/> High screen time (>2–3 hrs/day)<input type="checkbox"/> Frequent ultra-processed foods<input type="checkbox"/> Low physical activity	<ul style="list-style-type: none"><input type="checkbox"/> Signs before age 6<input type="checkbox"/> Rapid progression of changes<input type="checkbox"/> Vaginal bleeding<input type="checkbox"/> Headaches or vision changes	

📌 If multiple boxes are checked, consider a professional evaluation.

DISCLAIMER: This is NOT a diagnostic tool.