

Appointment Planner

Use this space to prep for your next appointment

Appointment with: _____

Date and time: _____

Location (in-person / virtual): _____

What I want to talk about:

(Briefly note any main concerns, updates, or topics you want to cover)

Symptoms or changes to mention:

Questions I want to ask:

(Write down any questions you want answers to, no matter how small)

Notes from the appointment

(Space to jot down key points, advice, or things to do afterwards)
