
Appointment Sheet

Fill it in the night before (Chapter 13). Say the first line as soon as you walk in.

What worries me most (one sentence):

When it started, how it has changed: _____

Details beside it (weight, periods, sleep, what others have noticed, new medicines):

What I've tried, and whether it helped: _____

Medicines, supplements, alcohol, caffeine: _____

Three questions I want to ask:

1. _____
2. _____
3. _____

Before I leave, I know:

- ☐ What the doctor thinks it might be, and what has been ruled out.
- ☐ What the next step is if results are normal.
- ☐ Which signs mean coming back sooner.
- ☐ Review date: _____