
The Three-Lane Worksheet

Do this before reading on (Chapter 1). Do it again on your review date.

Date: _____

Step 1. Is there any sign from the When to Call Emergency Services page?

- ☐ Yes. Stop here and follow that page.
- ☐ No. Carry on.

Step 2. The three symptoms that bother me most

#	Symptom	Started	Better with rest?	Details beside it	Lane
1					
2					
3					

“Details beside it” means: weight change you didn’t intend; a change in your periods; something others have noticed (pauses in breathing at night, repeating yourself, a change in temper); a new medicine or substance; a symptom getting worse whatever the pressure.

Step 3. Choose a lane

- **Lane 3:** better with rest, no details beside it, not getting worse.
Review date: _____
- **Lane 2:** everything else. Book an appointment within a few weeks, and take this sheet.

Chapters to read: _____