

Appointment Checklist

COMPLETE BEFORE YOU GO

Most appointments are short. Deciding in advance what matters most means the limited time goes on your priorities rather than on recall.

MY TOP THREE CONCERNS

in the order I want to discuss them

1 _____

2 _____

3 _____

WHEN CHANGES STARTED

Approximate is fine - a season or a month.

HOW IT AFFECTS DAILY LIFE

Work, sleep, relationships, mood, activity.

BRING WITH ME

- | | |
|---|---|
| ☐ This checklist and my symptom tracker | ☐ Family history: heart, bone or breast cancer |
| ☐ Current medications and supplements list | ☐ A note of what I have already tried |
| ☐ Dates of recent periods, if relevant | ☐ Questions I want answered |
| ☐ Any previous test results I have | ☐ Something to write on |

IF THERE IS ONLY TIME FOR ONE THING

The single question you most want answered before you leave.
