

The Appointment Planner

One page to fill out before any doctor’s or therapy appointment — and one to fill out in the room. Appointments are short and memory is unreliable; paper is not. Bring this and you’ll leave having said what you came to say.

■ The top 3 things I want to bring up

If the appointment runs short, these three still got said. Put the most important one first.

1.

2.

3.

■ What we’ve noticed — with dates

Specific and dated beats general. “Three night-wakings a week since mid-June” is something a clinician can work with; “sleeping badly” is not.

Date(s)	What we noticed — what happened, how often, how long it lasted

■ Questions I want answered

Write your questions before you go. Use the first line for the question, the second for their answer.

1. _____

2. _____

3. _____

4. _____

5. _____

■ What we agreed

Before you leave, try: "Can I read back what I think we decided?" Then write it here — who is doing what, by when.

Next appointment

Date & time: _____

Where: _____

What to bring: _____

What we'll follow up on: _____