

APPOINTMENT CALENDAR, BY MONTH

Visit www.LLSnutrition.org/worksheets/
to access all worksheets.

Month: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

Notes:

APPOINTMENT CALENDAR, BY WEEK

Visit www.pearlpoint.org/worksheets/
to access all worksheets.

Week of: _____

MONDAY	<input type="checkbox"/>
TUESDAY	<input type="checkbox"/>
WEDNESDAY	<input type="checkbox"/>
THURSDAY	<input type="checkbox"/>
FRIDAY	<input type="checkbox"/>
SATURDAY	<input type="checkbox"/>
SUNDAY	<input type="checkbox"/>

Notes:

APPOINTMENT DETAILS

Visit www.LLSnutrition.org/worksheets/ to access all worksheets.

Use this sheet to plan the details of an appointment in advance

Date: _____

Time: _____

Location: _____

Provider Name: _____

Reason:

- Office Visit
- Imaging
- Lab Work
- Treatment
- Surgery
- Other _____

Transportation:

Lodging:

Questions for the Healthcare Team:

Notes:

Appointment Tote Bag Checklist

Don't forget to take these items with you, especially on long appointment days.

- Medical history
- List of medications
- Health insurance card
- List of questions
- Book, magazine, puzzle book
- Music player and headphones
- Phone charger
- Blanket and/or extra cardigan
- Water bottle
- Snacks
- _____
- _____
- _____