

APPOINTMENT PREP WORKSHEET

Walk in prepared, walk out heard

DATE

TIME

PROVIDER

REASON FOR VISIT

CURRENT CONCERNS (ranked by priority)

1. _____

2. _____

3. _____

QUESTIONS TO ASK

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

SYMPTOMS TO REPORT

Symptom	Since When	Severity (/10)
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MEDICATION CHANGES SINCE LAST VISIT

DURING THE VISIT

DOCTOR'S RESPONSES / ACTION ITEMS

FOLLOW-UP NEEDED

NEXT APPOINTMENT

UNFOLDFACTORY

WALK INTO EVERY VISIT WITH EVIDENCE

Chronic Illness Management Binder

A printable binder with symptom and flare tracking, medication logs, a medical history timeline, appointment prep and visit notes, energy pacing pages and emergency cards, all in one place.



See the binder on Etsy

etsy.com/shop/UnfoldFactory · [@unfoldfactory](https://www.instagram.com/unfoldfactory) on Instagram

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