Follow-up appointment planner

Choose what you want to discuss. Keep this page handy during the visit.

Appointment date

Who I am seeing

What I most want to discuss

Pick one thing you would like to come away understanding.

A moment from my journal

Choose an entry that helps you describe the week.

Other questions to take with me

Write them in the words you would use in the room.

What we agreed during the visit

Leave room for next steps, who will do what and by when.

Follow-up appointment planner

Choose what you want to discuss. Keep this page handy during the visit.

Appointment date

Tuesday 10 November

Who I am seeing

My dietitian

What I most want to discuss

Pick one thing you would like to come away understanding.

How can I make lunch easier on days with back-to-back meetings?

A moment from my journal

Choose an entry that helps you describe the week.

On Tuesday I had soup and bread later than usual and felt tired.

Other questions to take with me

Write them in the words you would use in the room.

Would you like to see a full day of meals or a weekly summary next time?

What we agreed during the visit

Leave room for next steps, who will do what and by when.

I will bring one daily diary to our next visit. We agreed to follow up in two weeks.