



Checklist for doctor visits

Doctor's name:

Appointment date and time:

Location:

Reason for visit:

What I need to do or bring to prepare for the visit:

Changes in my health since my last appointment:

New or recurring symptoms:

Questions about past or upcoming treatments, lab values, or test results:

Questions about medications, supplements, or side effects:

Additional concerns I'd like to discuss today:

Topics I need to discuss with my doctor:

- Appetite or nutritional needs
- Balance problems, falls, dizziness
- Chronic condition management
- Confusion or memory problems
- Diarrhea or constipation
- Feelings of sadness, anxiety, or anger
- Lack of energy, motivation
- Medications and supplements
- Pain, strength, range of motion, or endurance
- Physical activity
- Recovery from recent surgery
- Sleep problems
- Urine leakage or other bladder issues
- Vaccinations or screenings

Clip and save. Bring this checklist with you the next time you see your doctor.