
CALENDAR

Using Your Calendar to Its Best Advantage

Take control of your care by carefully recording the date and time of all appointments as soon as you know them. Note the specific purpose of your appointment: office visit, lab tests, chemo session, etc.

Check your calendar daily to review the commitments you have made. Then, the day before your appointment, confirm the date and time with your healthcare team.

Also, use your calendar to keep track of other significant events during this time. While your medical appointments are a priority, life goes on outside the doctor's office!

CALENDAR

Month: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Notes: _____

