

3 My Calendar

The “My Calendar” section of your By My Side™ journal is included to help you plan and keep your appointments and other events that are important to you.

Use the calendar to make note of the date and time of your doctor visits and other important commitments.

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Using Your Calendar to Its Best Advantage

One of your most important responsibilities in participating in your cancer care is to stay on schedule. Missed or delayed appointments can interrupt your chemotherapy treatment and may make it less effective.

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, chemotherapy 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 health care 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!

Your time matters. If you are going to your doctor's office frequently to manage chemotherapy-related side effects, ask your doctor if there are opportunities to help minimize the number of these visits.

3 My Calendar

Month 1: _____

Sunday	Monday	Tuesday	Wednesday
<input data-bbox="95 453 182 510" type="checkbox"/>	<input data-bbox="391 453 478 510" type="checkbox"/>	<input data-bbox="684 453 771 510" type="checkbox"/>	<input data-bbox="977 453 1064 510" type="checkbox"/>
<input data-bbox="95 682 182 739" type="checkbox"/>	<input data-bbox="391 682 478 739" type="checkbox"/>	<input data-bbox="684 682 771 739" type="checkbox"/>	<input data-bbox="977 682 1064 739" type="checkbox"/>
<input data-bbox="95 911 182 968" type="checkbox"/>	<input data-bbox="391 911 478 968" type="checkbox"/>	<input data-bbox="684 911 771 968" type="checkbox"/>	<input data-bbox="977 911 1064 968" type="checkbox"/>
<input data-bbox="95 1140 182 1197" type="checkbox"/>	<input data-bbox="391 1140 478 1197" type="checkbox"/>	<input data-bbox="684 1140 771 1197" type="checkbox"/>	<input data-bbox="977 1140 1064 1197" type="checkbox"/>
<input data-bbox="95 1369 182 1426" type="checkbox"/>	<input data-bbox="391 1369 478 1426" type="checkbox"/>	<input data-bbox="684 1369 771 1426" type="checkbox"/>	<input data-bbox="977 1369 1064 1426" type="checkbox"/>

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Month 4: _____

Sunday	Monday	Tuesday	Wednesday

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Month 5: _____

Sunday	Monday	Tuesday	Wednesday

3 My Calendar

Month 6: _____

Sunday	Monday	Tuesday	Wednesday

3 My Calendar

Month 7: _____

Sunday	Monday	Tuesday	Wednesday
<input data-bbox="95 453 182 510" type="checkbox"/>	<input data-bbox="391 453 478 510" type="checkbox"/>	<input data-bbox="684 453 771 510" type="checkbox"/>	<input data-bbox="977 453 1064 510" type="checkbox"/>
<input data-bbox="95 682 182 739" type="checkbox"/>	<input data-bbox="391 682 478 739" type="checkbox"/>	<input data-bbox="684 682 771 739" type="checkbox"/>	<input data-bbox="977 682 1064 739" type="checkbox"/>
<input data-bbox="95 911 182 968" type="checkbox"/>	<input data-bbox="391 911 478 968" type="checkbox"/>	<input data-bbox="684 911 771 968" type="checkbox"/>	<input data-bbox="977 911 1064 968" type="checkbox"/>
<input data-bbox="95 1140 182 1197" type="checkbox"/>	<input data-bbox="391 1140 478 1197" type="checkbox"/>	<input data-bbox="684 1140 771 1197" type="checkbox"/>	<input data-bbox="977 1140 1064 1197" type="checkbox"/>
<input data-bbox="95 1369 182 1426" type="checkbox"/>	<input data-bbox="391 1369 478 1426" type="checkbox"/>	<input data-bbox="684 1369 771 1426" type="checkbox"/>	<input data-bbox="977 1369 1064 1426" type="checkbox"/>

3 My Calendar

Month 8: _____

Sunday	Monday	Tuesday	Wednesday
<input data-bbox="95 453 182 510" type="checkbox"/>	<input data-bbox="391 453 478 510" type="checkbox"/>	<input data-bbox="684 453 771 510" type="checkbox"/>	<input data-bbox="977 453 1064 510" type="checkbox"/>
<input data-bbox="95 682 182 739" type="checkbox"/>	<input data-bbox="391 682 478 739" type="checkbox"/>	<input data-bbox="684 682 771 739" type="checkbox"/>	<input data-bbox="977 682 1064 739" type="checkbox"/>
<input data-bbox="95 911 182 968" type="checkbox"/>	<input data-bbox="391 911 478 968" type="checkbox"/>	<input data-bbox="684 911 771 968" type="checkbox"/>	<input data-bbox="977 911 1064 968" type="checkbox"/>
<input data-bbox="95 1140 182 1197" type="checkbox"/>	<input data-bbox="391 1140 478 1197" type="checkbox"/>	<input data-bbox="684 1140 771 1197" type="checkbox"/>	<input data-bbox="977 1140 1064 1197" type="checkbox"/>
<input data-bbox="95 1369 182 1426" type="checkbox"/>	<input data-bbox="391 1369 478 1426" type="checkbox"/>	<input data-bbox="684 1369 771 1426" type="checkbox"/>	<input data-bbox="977 1369 1064 1426" type="checkbox"/>

3 My Calendar

Month 10: _____

Sunday	Monday	Tuesday	Wednesday

3 My Calendar

Month 11: _____

Sunday	Monday	Tuesday	Wednesday

