BUCKET · APPOINTMENT SHEET

Before my appointment

Who I'm seeing _____ Date _____

1. Why I'm here — the one thing I most need from today

2. What has been happening

Since when · how often · what my worst days are like · what I can't do now

3. What tends to come before it

Anything I've noticed, even a day or two before

4. What I've tried, and what happened

5. Medicines and supplements I take now

Name	Dose	How often	Since

6. Questions I want answered

1.

2.

3.

7. Afterwards — what was said, what happens next, when to follow up

Free from mybucketlog.com/printables/appointment-sheet — print, copy and share.
Bucket is a symptom and trigger diary for iPhone. It is not medical advice.