Printable Appointment Checklist

KindRoot Wellness • Compassion First. Connection Always.

A simple checklist to help you feel prepared and organized before your appointment.

Appointment Date: _____ Time: _____

Provider: _____ Location: _____

- ☐ Insurance card and photo ID
- ☐ Current medication list
- ☐ Symptom notes or tracker
- ☐ Questions for my provider
- ☐ Recent test results or records
- ☐ Referral or authorization, if needed
- ☐ Notebook, phone, or tablet
- ☐ Support person, if desired
- ☐ Water or a small snack, if needed
- ☐ Confirm pharmacy information
- ☐ Ask for written instructions
- ☐ Schedule follow-up before leaving

Notes

Questions for Your Doctor

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Write down every question you want answered. Use the full box—your concerns deserve space.

My Question	Why This Matters to Me	Doctor's Response / Next Steps

Symptom Notes Page

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Date: _____ Time: _____ Severity (0–10): _____

What symptoms am I experiencing?

When did they begin, and how long do they last?

What makes them worse?

What makes them better?

What was I doing, eating, or taking before they started?

Anything else I want my provider to know?

Caregiver Check-In Sheet

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A gentle pause to notice what you are carrying and what support you may need.

How am I feeling today—physically and emotionally?

What has been the hardest part of caregiving this week?

What went well or made me feel proud?

What support do I need right now?

One thing I can do for myself today:

Anything else on my mind?

KindRoot Reminder: Caring for yourself is part of caring for someone else.