

Chronically Chic™

BEAUTIFULLY PRACTICAL

Doctor's Visit Companion

Thank you for downloading my doctor's visit companion printable. I hope this helps you on your health journey.

XOXO

Kallista

Instructions:

- Record questions that you have for your doctor before your visit.
- Bring this paper and any trackers you have been recording your illness(es) with you to your appointment.
- Take notes while you're with your doctor of any medication additions or changes, and steps moving forward.

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www.chronicallychicboutique.com

Toile de Jouy pattern designed by Bärbel Dressler. © Bear Bell Productions 2020



Doctor's Visit Companion

Questions

Symptoms

Plan of Action

Medications