

# Before my appointment

**Which professional am I seeing?:**

**What is the appointment for?:**

**When:**

**Where:**

**Since my last appointment...**

**My feelings:**

**My symptoms:**

**My progress:**

**My questions:**

# After my appointment

**During the appointment I felt:**

*(e.g listened to, supported, confident, worried, frustrated, scared)*

**The answers to my questions were:**

**The next steps are:**

*(e.g further appointments, medication, tests, no change)*