

Before Your Session

Bring this with you. Fill it in on the way, or the night before.

● SINCE MY LAST VISIT

What's changed — energy, appetite, sleep, mood:

● NEW SYMPTOMS

Anything I want to mention today, even if it feels small:

● FROM LAST TIME

Better since last visit:

Still going on, or worse:

● MEDICATIONS AT HOME RIGHT NOW

Name — dose — how often:

● DIDN'T FULLY UNDERSTAND LAST TIME

Something I want repeated or explained again:

● QUESTIONS FOR TODAY
