

Date: _____

Provider: _____

Visit type: _____

WHAT I MUST ADDRESS TODAY

1 The ONE thing I must cover — even if we run out of time:

Write it before you walk in. Say it first.

WHAT I HAVE BEEN FEELING

2 Symptoms — physical, emotional, energy, sleep, food, mood:

Describe it like you would to a close friend, not a form.

3 How long this has been going on / what makes it better or worse:

"What you feel is data. Say it exactly as you experience it.

"I feel exhausted every day by 2pm" is a clinical observation.

Your doctor needs to hear it in your words."

MY QUESTIONS FOR TODAY

Q1: _____

Q2: _____

Q3: _____

What I'm afraid to ask: (ask it anyway)

The question you keep putting off is usually the most important one.

RESEARCH I WANT TO DISCUSS

Article or study I found (PubMed, NIH, or peer-reviewed journal):

The point I want my doctor's perspective on:

Best sources: pubmed.ncbi.nlm.nih.gov · nih.gov · peer-reviewed journals.

Bring the title and author. Frame it as a question: "I found this — what do you think?"

CURRENT MEDICATIONS & SUPPLEMENTS

Medication / supplement	Dose	How long	Any questions about this?

LABS I WANT TO REQUEST

- | | |
|---|--|
| <input type="checkbox"/> Fasting Insulin
<i>Often skipped — early insulin resistance marker</i> | <input type="checkbox"/> Vitamin D
<i>Optimal 50-80 ng/mL — not just "normal"</i> |
| <input type="checkbox"/> Full Thyroid: Free T3, T4, TSH
<i>TSH alone is not enough</i> | <input type="checkbox"/> Comprehensive Metabolic Panel
<i>Kidney & liver function — GLP-1 baseline</i> |
| <input type="checkbox"/> HbA1c
<i>3-month blood sugar average</i> | <input type="checkbox"/> Fasting Lipid Panel
<i>Full cholesterol picture</i> |
| <input type="checkbox"/> hsCRP — Inflammation marker
<i>Tracks systemic inflammation</i> | |

Other lab I want to ask about:

NOTES DURING THE APPOINTMENT

Write it down as it happens — you won't remember it all.

AFTER THE APPOINTMENT

What was decided / next steps:

What I still need to ask or follow up on:

How I felt leaving — and why:

BEFORE I LEAVE — CHECK THESE OFF

- Send a brief summary email to my provider
- Schedule my follow-up appointment before I leave
- Look up any terms I didn't understand
- Share what I learned with someone on my support team

REMEMBER

- *My doctor is not my adversary. They are part of my team.*
- *I bring information to collaborate — not to argue.*
- *If I am dismissed, I am allowed to find someone better.*
- *My lived experience of my own body is data. It matters.*
- *My voice is the most important one in this room.*