JellyPal · Personal record

My appointment notes

Appointment date: _____ Care team: _____

Bring your current medication list and any records you want to discuss. Complete the last section with your care team.

My priorities

What are the three things I most want to discuss?

What I have noticed

What has changed, when did it start, and how has it affected my day?

My questions

What do I want to ask about my prescription, eating, daily routine or costs?

Next steps agreed with my care team

What did we decide together? Who should I contact with questions, and when is my next visit?

For organizing a conversation, not medical advice or a treatment plan. Follow your prescription and your care team's instructions. Do not wait for an appointment if you need urgent medical help.

Keep completed sheets private. Free blank copies: jellypal.app/glp-1-appointment-checklist