

Short Pre-Appointment Reflection Worksheet

1. What I'm Experiencing

- Main symptoms I want to talk about:

- Pain level today (0–10):

- What makes it worse / better:

2. How It's Affecting My Life

- Daily tasks this impacts:

- Biggest challenge this week:

3. What I Need From This Appointment

- My main goal for this visit:

- Tests, referrals, or options I want to discuss:

4. Questions I Don't Want to Forget

- Top questions I want answered:
