

Notes From the Room

A page to write on during the appointment, so you are not relying on memory.

WHEN TO USE THIS

Take this in with you and write on it while they are talking.

What did they say is going on?

What is changing, and when does it start?

What are you meant to watch for or report back?

1.

2.

3.

Next appointment, and who to contact before then.

Ask them to slow down, or to say it again. That is allowed.