

My Personal Record



This personal record is designed for you to print out and use at appointments with your doctor or other healthcare professionals.

Before your appointment, you can make a note of your physical and emotional wellbeing, as well as any new symptoms you've been experiencing and any questions or key topics you'd like to discuss.

Then fill in the other sections at your appointment, so you can keep track of all the key information and your doctor's advice, so it's there for you to look back on after the appointment and record your progress over time.

My Personal Record



Appointment date:

Healthcare professional name:

My wellbeing since my previous appointment (1= low, 5 = high). Physical:

Emotional:

My potassium level at appointment:

Any other test results at appointment:

My current medication(s) and dose (if any):

Any new or changed symptoms to discuss:

Questions/topics to discuss:

Any other important information:

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