



FREE TOOL

Appointment Prep Checklist

A simple worksheet for organizing what you want your healthcare professional to know before a visit.



Organize what changed | Bring clearer notes | Focus the conversation

Appointment Prep Checklist

Start with the story you want to tell

You do not need perfect records. A few clear details can help you explain what changed, how long it has been happening, and how it is affecting daily life.

The main symptom or change I want to discuss

When I first noticed it - and whether it has changed over time

How it is affecting sleep, work, mood, energy, relationships, routines, or quality of life

Patterns I have noticed - timing, cycle changes, stress, sleep, medications, or anything else that seems connected

Before you go

Check what would be useful to have ready. Only bring what applies to you.

- | | |
|---|---|
| ☐ Medication list | ☐ Symptom tracker or short notes |
| ☐ Supplements / hormones / sleep aids | ☐ Relevant test / visit information you already have |
| ☐ Recent medication or routine changes | ☐ Personal or family history you want to mention |
| ☐ Cycle or bleeding notes if relevant | ☐ My top questions for the visit |

Appointment Prep Checklist

Choose your top priorities

Appointments can move quickly. Pick the few things you most want understood, then leave space for notes about next steps.

The three things I most want my healthcare professional to understand

1

2

3

Questions I do not want to forget

What I want to write down before I leave

Next step, follow-up timing, what to keep tracking, and when to contact the office sooner if instructed.

Want a more personalized next step?

Take the free Vivlyn quiz for a personalized symptom result and free Clarity Kit.

Take the free quiz: join.meetvivlyn.com

The Vivlyn Brief

Clear, practical perimenopause guidance every other week. Visit join.meetvivlyn.com/brief/

Educational note

This checklist is for organizing a healthcare conversation. It does not diagnose, prescribe, or determine what evaluation or treatment you need. If you have urgent or severe symptoms, do not delay medical care to complete this worksheet.