

UNDATED PLANNER

My Health Records

Good records support better conversations.

DEVICE

CALENDAR

WEEK START

iPad 11-inch / Goodnotes

Undated

Monday

YEAR AT A GLANCE

01 January	02 February	03 March	04 April
05 May	06 June	07 July	08 August
09 September	10 October	11 November	12 December

INCLUDED

12 months - 52 weeks - Goals - Habits - Notes

Layout - stacked week - intentions month

WEEK INDEX	THIS WEEK	THIS MONTH	ORGANIZE
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MONTH 1

Care Month

W	MON	TUE	WED	THU	FRI	SAT	SUN
01	W1						
02	W2						
03	W3						
04	W4						
05	W5						

WEEKS

W1

W2

W3

W4

W5

APPOINTMENTS / CARE PRIORITIES

REFILLS / TESTS / FOLLOW-UPS

WEEK 1

Care Week

Keep practical health details ready for appointments and decisions, without asking the planner to interpret them.

APPOINTMENT / FOLLOW-UP	MEDICATION / REFILL	QUESTION TO ASK

MON CARE / OBSERVE / RECORD	APPOINTMENTS
TUE CARE / OBSERVE / RECORD	MEDICATIONS
WED CARE / OBSERVE / RECORD	
THU CARE / OBSERVE / RECORD	
FRI CARE / OBSERVE / RECORD	
SAT CARE / OBSERVE / RECORD	
SUN CARE / OBSERVE / RECORD	

SYMPTOMS / READINGS	SUPPORT NEEDED
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ORGANIZE

Care Overview

Choose what this organizer should hold, who it supports, and what belongs somewhere more secure.

PERSON / CARE CONTEXT	PRIMARY CARE PRIORITIES
CURRENT SUPPORTS	INFORMATION TO KEEP HERE
INFORMATION KEPT ELSEWHERE	NEXT REVIEW DATE

RECORD

Appointment Log

Record the reason, key discussion, instructions, and next follow-up after each visit.

DATE	CLINICIAN	REASON	INSTRUCTION / RESULT	NEXT