Appointment Prep Workbook

feel prepared. feel heard. feel ready.

— by Kale Vine —

This workbook is yours.
Use it to prepare, take notes, and advocate for yourself
at every single appointment.

WHAT'S INSIDE

Your health story + symptom timeline
Appointment goals + questions to ask
In-the-room notes + follow-up tracker
Scripts for when you feel dismissed
Tips, reminders, and free notes space

My Health Story

Fill this in once. Update it as things change. Bring it to every appointment.

NAME

DATE LAST UPDATED

MY DIAGNOSES / CONDITIONS

CURRENT MEDICATIONS AND TREATMENTS (INCLUDE DOSAGES)

MY MAIN HEALTHCARE PROVIDERS

ALLERGIES + ADVERSE REACTIONS

PREVIOUS PROCEDURES OR SURGERIES (WITH APPROXIMATE DATES)

Symptom Timeline

Walk through what has been happening, in your own words and your own order.

DATE / TIMEFRAME	WHAT HAPPENED / WHAT CHANGED

5 more sections inside the full workbook.

Appointment goals · Questions to ask · In the room notes
When you feel dismissed · Tips · Notes and extra space

Get the full workbook — $15

kalevine.com/shop

Get the Full Workbook

Everything you need to walk into that room ready.

ALL 10 PAGES INCLUDE:

- **Your Health Story** — Track diagnoses, medications, and providers in one place.
- **Symptom Timeline** — Walk through what's been happening, in your own words.
- **Appointment Prep** — Set goals and name what you need before you go in.
- **Questions to Ask** — 6 question fields + a space for your single most important one.
- **In the Room** — Quick notes during your appointment — sentences optional.
- **After Your Appointment** — Reflect, track follow-ups, and capture next steps.
- **When You Feel Dismissed** — Scripts and strategies for advocating for yourself.
- **Tips and Reminders** — Before, during, and on the hard days.
- **Notes + Extra Space** — Two full pages to write, vent, process, or list.

Fillable on your phone · Print-friendly · Use it every single appointment

$15 USD

Get instant access →

kalevine.com/shop · Instant download after purchase