BOOKCHOWK / THE THURSDAY COLLECTION

Your Next Appointment

A practical health-information organiser for adults

HEALTH & WELLBEING

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ORIGINAL EXERCISES / PRINTABLE PDF / OCTOBER 2026

START HERE

One useful result

This workbook helps you organise information and questions for a routine health appointment. It does not diagnose symptoms, decide how urgently you need care, interpret tests or recommend treatment. Do not wait to finish a worksheet if you need urgent help; contact appropriate local medical services. Follow your clinician's advice and use their approved communication route. You will create a short concern list, an accurate record to discuss and a follow-up checklist. Keep personal health details private; you do not need to send them to BookChowk or upload them to an AI tool. All examples are fictional. Printable pages and an editable text companion are included.

How to use this mini workbook

Read one lesson, study the example and try the action. Use the question as a short reflection. Write in your own notebook, annotate the PDF or print only the worksheets you need. The companion gives you reusable text fields rather than repeating the whole book.

Find your way

03 1. Put your main concern into plain words

04 2. Separate observations from interpretations

05 3. Gather records without interpreting them yourself

06 4. Plan how you want help during the visit

07 5. Check your understanding before leaving

08 6. Make the follow-up visible

09-11 Reusable worksheets / 12 Edition and use

READ / APPLY / REFLECT

1. Put your main concern into plain words

Before a routine appointment, write what you most want to discuss and what you hope to understand. Use your own words rather than trying to supply a diagnosis. Keep the opening summary short enough to share at the start, then retain details underneath. If you have several concerns, list them rather than hiding one until the final moment. Your clinician can help decide what needs attention first and whether another appointment is needed. This page is a communication aid, not a tool for deciding urgency. If the situation changes or you are worried about immediate safety, seek appropriate care rather than waiting for the booked visit. [1]

WORKED EXAMPLE

"I want to discuss a change I have noticed and understand what information would help you assess it." The note describes the concern without declaring its cause.

TRY IT

Write your main concern, two other questions and what you want to understand by the end.

YOUR NOTE

What would you otherwise be likely to forget to mention?

END OF FREE SAMPLE

Continue with the full workbook

This free sample contains the cover, introduction and first lesson. The complete edition has 12 pages and includes an editable companion file.

The full book includes six lessons with worked examples, practical actions, reflection questions and three reusable worksheets.

Full edition: INR 49 at www.bookchowk.com

This is a digital download, not a printed book. No purchase is needed to use this sample for personal or household practice.