



Wellness Appointment Keeper

Your physical health is just as important as your mental health. By tending to your physical wellness, you are also supporting your overall health and wellbeing. Use this appointment keeper as a guide to track all your important wellness visits. You might consider making copies and laminating it to place somewhere for your continued use or transferring the information to your phone or digital calendar. This is also a good way to schedule time for exercise and other wellness activities.

Common Important Appointments

Daily or Weekly: *mental health appointments, exercise goals, personal mental wellness time*

Twice per Year: *dentist*

Yearly: *primary care physician, gynecologist, dermatologist, specialist appointments as needed like cardiologist and physical therapist*

Every two years: *eye doctor*

Activity or Appointment Name:

Date: ____ / ____ / ____

Day of the Week: Su M Tu W Th F Sa

Time: _____ AM / PM

Office Name:

Address:

Notes (consider paperwork needed, questions, and follow-up information to provide):
