7. My appointment page

Bring your medication list, relevant readings, and a brief food or symptom record if it will help.

My three most useful questions

1.

2.

3.

Decisions made today

Who will adjust what, and when

Tests or referrals discussed

What should make me contact the team sooner

Next review date and contact route

From *The GLP-1 Meal Map* by Carlos Fernández Ramos, MD · © 2026 · Print and copy for your personal use.
General information: it does not replace your clinician or the Medication Guide that comes with your prescription.
Read the book? A short review helps the next patient find it: **GLP1MealMap.com/review**