

Transition Exercise: Keeping Track of Appointments

Keeping a calendar of your appointments is important. A calendar can help you keep track of the dates and times you need to see your doctor or other health care providers. Use this blank calendar to fill in the month and days to keep a schedule and remind you of appointments.



Month: _____ Year: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Make 12 copies of this calendar to have one for each month of the year.