

Appointment & Therapy Log

This worksheet helps stroke survivors keep all medical and therapy visits organized.
Track dates, types of therapy, goals, key notes, and follow-up needs.
Use this sheet to stay informed and prepared for each appointment.

Date: _____ Provider/Facility: _____

Type of Visit:

☐ Neurology ☐ Primary Care ☐ Physical Therapy

☐ Occupational Therapy ☐ Speech Therapy ☐ Other: _____

Purpose of Appointment:

Key Notes / What Was Discussed:

Exercises or Instructions Given:

Follow■Up Needed:

☐ Yes ☐ No If yes, scheduled for: _____

Questions I Want to Ask Next Time:
