

MY HEALTH PLANNER



Seirbhís Leabharlainne Chill Dara
Kildare Library Service



eve

Community-based
Mental Health,
Autism & ID Services



Name:

Address:

Mobile:

Next of kin:

Doctor:

Dr. Phone no:

Health Condition:

Medication:

Allergies:

Questions to ask your Doctor

What's causing this?

Do I need tests?

What's the treatment?

Any lifestyle changes?

When should I come back?

Notes

Date

Notes

Date

Notes



Date

Notes



Date

Notes

Date

Notes

Date

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Date

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Date

Notes

Date

Notes

Date

Notes

Date

Notes

Date

JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY



Community-based
Mental Health,
Autism & ID Services



Tel: 014156821



Adult
Literacy
for Life



Tel: 1800 20 20 65



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Kildare Library Service



Tel: (045)906102