

Transition Exercise: Keeping Track of Appointments

Keep track of your appointment online: You can request, confirm and cancel appointments online through **MyChart**. MyChart is convenient and can help you access your medical records online from your computer, tablet or smartphone. Create or access your MyChart account by visiting <https://mychart.texaschildrens.org/MyChart/> .

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.

