







**Your information 4: Disease Tracker**

Year	Disease	Treatment	Notes

**Your information 5: Surgery Tracker**

Year	Problem	Surgery or Procedure	Outcome	Notes

**Your information 6: Family History**

Relative	Disease	Outcome

**Your information 7: Medical Team Tracker**

Physician or specialist	Specialty	Phone	Fax	Notes

**Your information 8: Helper Directory**

Task	Notes	Name	Phone	Backup	Phone

**Your information 9: Hospital Directory**

Who	Number



**Your information 11: Grapevine Tracker**

Who to inform	Phone or contact info	When was last update?	Notes

**Your information 12: Follow Up Tracker**

Who to see	Reason for visit	Appointment time	Questions to ask	Answers



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