

Name: _____

Date: _____

Open Questions

Which issues are most important on your path to recovery right now?

Which areas and root causes of your illness still need to be examined more closely?

What questions would you like to address through lab tests and doctor's visits?

Feel free to take another look at the "Deep Dive Analysis" template to brainstorm which issues are most pressing at the moment.

1)

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Next examinations & tests

What examinations, doctor's visits, and laboratory tests are necessary to address the open questions?

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Find out more on www.Post-Covid-Plan.com

This form is intended for the collection of research and ideas. Diagnoses and medication recommendations should always come from a doctor and be discussed with a doctor.

No liability is assumed for the completeness or accuracy of the information provided in this form.

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Next therapeutic steps

What are your next treatment options?

Which treatments are you trying on your own (e.g., supplements, vagus nerve stimulation, cold therapy, etc.)?

Which treatments are you trying on your own (e.g., supplements, vagus nerve stimulation, cold therapy, etc.)? Which treatments would you like to discuss with a doctor (off-label medications, vitamin infusions, etc.)?

Find inspiration on the "Vitamins" and "Medications" pages at Post-Covid-Plan.com

Appointments

What medical appointments should be scheduled to perform the necessary examinations and discuss the next treatment options?