
The Four-Week Plan

Stick it next to the When to Call Emergency Services page (Chapter 14). **Start date:** _____

Week 1: look.

- ☐ Three-lane worksheet
- ☐ Start the 14-day diary
- ☐ Cup and cabinet inventory

Week 2: ask.

- ☐ Worksheets 5a (the person beside you) and 5b
- ☐ Resting pulse on three mornings (if you get palpitations)
- ☐ GAD-7 (if anxiety is the main symptom)
- ☐ Cycle calendar (if you have periods) or the three questions in Chapter 9 (if you're a man aged 40 to 55)
- ☐ Choose one thing to cut back gradually

Week 3: choose lanes and act.

- ☐ Lane 2: fill in the appointment sheet and book an appointment
- ☐ Lane 3: choose one or two ways to lighten the load, and set a review date

Week 4: review.

- ☐ See a doctor if you're in Lane 2
- ☐ Keep the diary if you're in Lane 3

Follow-up plan (Chapter 12), to fill in with your doctor:

- What has been ruled out, and test dates: _____
- **Review date:** _____
- Signs that mean coming back sooner: _____
- Two things I'll try: _____