

# ten-year follow-up calendar planner

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Why track your ten-year follow-up appointments in this planner?

1. If you keep all your cancer information in this planner and track your progress with each doctor appointment, then this is where you need to go to track your follow-up appointments.
2. Follow-up appointments are easy to forget, but using this calendar planner helps.
3. Use the following as a guide/checklist for your follow-up appointments:

Surgeon  
Medical Oncologist  
Radiation Oncologist  
Social Worker  
Dietitian/Nutritionist  
Genetic Counselor  
Primary Care Physician  
Other Specialists

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Question: Is there any other ten-year calendar tracker?  
Hmmm? I didn't think so!

*The other option? Go to myCANCER101 on our Web site,  
CANCER101.org*

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2016

JANUARY							FEBRUARY							MARCH							APRIL						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
					1	2	31	1	2	3	4	5	6								1	2	3	4	5		
3	4	5	6	7	8	9	7	8	9	10	11	12	13	6	7	8	9	10	11	12	3	4	5	6	7	8	9
10	11	12	13	14	15	16	14	15	16	17	18	19	20	13	14	15	16	17	18	19	10	11	12	13	14	15	16
17	18	19	20	21	22	23	21	22	23	24	25	26	27	20	21	22	23	24	25	26	17	18	19	20	21	22	23
24	25	26	27	28	29	30	28	29						27	28	29	30	31			24	25	26	27	28	29	30

  

MAY							JUNE							JULY							AUGUST						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7								31	1	2	3	4	5	6							
8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
29	30	31					26	27	28	29	30			24	25	26	27	28	29	30	28	29	30	31			

  

SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
					1	2	3	1	2	3	4	5	6	30	31	1	2	3	4	5	4	5	6	7	8	9	10
4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12	11	12	13	14	15	16	17
11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19	12	13	14	15	16	17	18
18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24
25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31

JANUARY							FEBRUARY							MARCH							APRIL						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7								31	1	2	3	4	5	4	5	6	7	8	9	10	
8	9	10	11	12	13	14	5	6	7	8	9	10	11	2	3	4	5	6	7	8	9	10	11	12	13	14	
15	16	17	18	19	20	21	12	13	14	15	16	17	18	9	10	11	12	13	14	15	16	17	18	19	20	21	
22	23	24	25	26	27	28	19	20	21	22	23	24	25	16	17	18	19	20	21	22	20	21	22	23	24	25	
29	30	31					26	27	28	29	30	31		23	24	25	26	27	28	29	27	28	29				

  

MAY							JUNE							JULY							AUGUST						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
30	1	2	3	4	5	6								30	31	1	2	3	4	5	4	5	6	7	8	9	10
7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12
14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	
21	22	23	24	25	26	27	18	19	20	21	22	23	24	20	21	22	23	24	25	26	18	19	20	21	22	23	
28	29	30	31				25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30	31		

  

SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
					1	2	1	2	3	4	5	6	7	30	31	1	2	3	4	5	4	5	6	7	8	9	10
3	4	5	6	7	8	9	2	3	4	5	6	7	8	1	2	3	4	5	6	7	5	6	7	8	9	10	
10	11	12	13	14	15	16	8	9	10	11	12	13	14	10	11	12	13	14	15	16	12	13	14	15	16	17	
17	18	19	20	21	22	23	15	16	17	18	19	20	21	17	18	19	20	21	22	23	19	20	21	22	23	24	
24	25	26	27	28	29	30	22	23	24	25	26	27	28	24	25	26	27	28	29	30	22	23	24	25	26	27	

2017

JANUARY							FEBRUARY							MARCH							APRIL						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7								31	1	2	3	4	5	4	5	6	7	8	9	10	
8	9	10	11	12	13	14	5	6	7	8	9	10	11	2	3	4	5	6	7	8	9	10	11	12	13	14	
15	16	17	18	19	20	21	12	13	14	15	16	17	18	9	10	11	12	13	14	15	16	17	18	19	20	21	
22	23	24	25	26	27	28	19	20	21	22	23	24	25	16	17	18	19	20	21	22	20	21	22	23	24	25	
29	30	31					26	27	28	29	30	31		23	24	25	26	27	28	29	27	28	29				

  

MAY							JUNE							JULY							AUGUST						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
30	1	2	3	4	5	6								30	31	1	2	3	4	5	4	5	6	7	8	9	10
7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12
14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	
21	22	23	24	25	26	27	18	19	20	21	22	23	24	20	21	22	23	24	25	26	18	19	20	21	22	23	
28	29	30	31				25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30	31		

  

SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
					1	2	1	2	3	4	5	6	7	30	31	1	2	3	4	5	4	5	6	7	8	9	10
3	4	5	6	7	8	9	2	3	4	5	6	7	8	1	2	3	4	5	6	7	5	6	7	8	9	10	
10	11	12	13	14	15	16	8	9	10	11	12	13	14	10	11	12	13	14	15	16	12	13	14	15	16	17	
17	18	19	20	21	22	23	15	16	17	18	19	20	21	17	18	19	20	21	22	23	19	20	21	22	23	24	
24	25	26	27	28	29	30	22	23	24	25	26	27	28	24	25	26	27	28	29	30	22	23	24	25	26	27	

2018

JANUARY							FEBRUARY							MARCH							APRIL						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
					1	2	31	1	2	3	4	5	6								1	2	3	4	5	6	7
7	8	9	10	11	12	13	4	5	6	7	8	9	10	3	4	5	6	7	8	9	10	11	12	13	14	15	16
14	15	16	17	18	19	20	11	12	13	14	15	16	17	8	9	10	11	12	13	14	15	16	17	18	19	20	21
18	19	20	21	22	23	24	18	19	20	21	22	23	24	15	16	17	18	19	20	21	22	23	24	25	26	27	28
28	29	30	31				25	26	27	28				22	23	24	25	26	27	28	29	30	31				

  

MAY							JUNE							JULY							AUGUST						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
					1	2	3	1	2	3	4	5	6	30	31	1	2	3	4	5	4	5	6	7	8	9	10
6	7	8	9	10	11	12	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	6	7	8	9	10	11

