

Survivorship care plan template

A worksheet to organize your own record of life after cancer treatment.

This is an educational worksheet, not medical advice, and not a substitute for the official survivorship care plan your care team creates. Fill it in with your care team, and always follow their guidance. See the [medical disclaimer](#).

DIAGNOSIS SUMMARY

Cancer type, stage if known, date of diagnosis.

TREATMENT RECEIVED

Surgery, chemotherapy, radiation, hormone therapy, or other treatments, with dates.

CARE TEAM CONTACTS

Names, roles, and phone numbers for your oncologist, primary care, nurse navigator, and others.

FOLLOW-UP SCHEDULE

Upcoming visits and how often.

RECOMMENDED TESTS AND FREQUENCY

Scans and lab work, and how often.

SIGNS AND SYMPTOMS TO REPORT

What your care team asked you to watch for, and when to call.

LATE AND LONG-TERM EFFECTS TO WATCH

Possible effects of your treatment to keep an eye on over time.

HEALTH HABITS

Goals around nutrition, activity, sleep, alcohol, and nicotine.

QUESTIONS FOR THE NEXT VISIT

Anything you want to raise with your care team.

Educational template from Oncera Health. Oncera is educational and non-diagnostic. It does not diagnose, treat, or predict disease or relapse, and it does not replace the survivorship care plan or advice your care team provides. Learn more at oncerahealth.com/survivorship-care-plan.