Use each row for a type of appointment, test, or important milestone	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
e.g. Blood test	17th			20th			X			X		

Use each row for a type of appointment, test, or important milestone	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP		NOV	DEC