

Appointment Prep Checklist

- ☐ Arrive on time with ID
- ☐ Slept adequately
- ☐ Ate within 2 hours
- ☐ Hydrated
- ☐ No alcohol in 24 hours
- ☐ No drugs today
- ☐ Proper clothing for placement
- ☐ Clean skin
- ☐ No sunburn

Notes _____

Client Signature: _____ **Date:** _____

Staff Signature: _____ **Date:** _____