



My Cancer Journal

Navigating a cancer journey can be complex, but staying organized can help provide a sense of stability and control. The following pages were created as an easy-to-use resource to help you keep important information in one place, to give you space to reflect on your thoughts and experiences, and to empower you to take an active role in your care.

My Diagnosis

Date I was diagnosed: _____

Diagnosis given by: _____

Name of my cancer: _____

My cancer is / is not metastatic (circle *is* or *is not*)

Other information about my diagnosis (include tumour size, grade and stage if known):

