

_____’S PERSONALIZED R.E.A.D.Y. FRAMEWORK

Use this template to reflect on each phase and personalize your health plan.

R = RECOGNIZE THE POSSIBLE RISK

Key Question: What signs in my family history or health might indicate a hereditary cancer risk?

Family members
diagnosed with cancer:

Known genetic mutations
in the family:

Environmental or lifestyle
factors:

Questions for my healthcare provider:

E = EDUCATE & ENGAGE

Key Question: How well do I understand my genetic mutation and its implications for my health?

My specific genetic mutation(s): _____

Genetic Counselor Notes/Recommendations:

Key resources (e.g., FORCE,
American Cancer Society):

Specialists to engage with:

Support groups or online
communities to join:

A = ACT ON PREVENTION & EARLY DETECTION

Key Question: What proactive steps can I take to reduce my risk or detect cancer early?

Lifestyle changes I can make
(diet, exercise, etc.):

Preventive screenings/tests
needed and frequency:

Preventive surgeries to
consider:

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D = DISCUSS & DECIDE

Key Question: How can I ensure my healthcare plan reflects my unique needs and priorities?

**My medical support team
(doctors, specialists):**

**Questions to ask during
appointments:**

**Shared decision-making
actions:**

Notes on personal healthcare goals:

Y = YOU HAVE THE POWER

Key Question: What actions can I take today to feel more empowered in managing my hereditary cancer risk?

Steps I can take to own my health journey:

**Ways to influence family
awareness:**

**Support systems (family,
friends, groups):**

**Strategies for mental and
emotional well-being:**

NEXT STEPS:

- **Action Items:**
- **Questions to Follow Up On:**