



Med School Moose Pre-Residency Checklist

- ❑ Find a PCP in your new city and schedule an appointment 🩺
- ❑ Schedule an appointment with your dentist for a checkup and cleaning 🦷
- ❑ Schedule a car service appointment (oil change, tire rotation, etc.) 🚗
- ❑ Declutter your space prior to moving (sell/donate whatever you can!) 💰
- ❑ Create a computer folder to organize all residency-related documents 📁
- ❑ Create a computer folder to organize all physician-related documents 📁 (ACLS certification, immunization records, etc.)
- ❑ Invest in a pair of comfortable shoes for the hospital 👟
- ❑ Find the nearest gym in your new city and ask about a membership 💪
- ❑ Find out if your hospital has a gym 🏆
- ❑ Find several healthy, go-to snacks for the workday 🍏
- ❑ Come up with a meal prep plan 🍗
- ❑ Connect with other residents in your program/hospital 👯
- ❑ Find hobbies you can continue in residency to maintain wellness ⚖️
- ❑ Spend time with friends and family before residency kicks off! ❤️