



Pre-Residency Checklist

- Find a primary care doctor in your new city and schedule a new patient appointment
- Schedule an appointment with your dentist for a checkup and cleaning
- Schedule an appointment to get your car serviced (oil change, tire rotation, etc.)
- Declutter your space prior to moving (sell/donate whatever you can!)
- Create a folder on your computer to organize all residency-related documents
- Create a folder on your computer 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
- Spend time with friends, family, and doing the things you love before residency kicks off!