

Guys Transition Action Planner

My Personal Transition Check List and Planner

Use the this planner and the Transition Sequence List to plan your transition. Be aware that your transition may take years, but this action planner can help keep you on track. Note your personal goals, thoughts and plans as you make your progress. The last page can reproduced many times if you need extra pages.

Action Planner

1. The support group I joined is: _____

Goals in this group _____

2. The weight loss method have I chosen to address the extra pounds is: _____

My current weight _____ My desired weight _____ Goal date _____

Personal notes _____

3. My therapist is: _____

My therapy start date is: _____

I go for GID testing on (optional): _____

I get my HRT letter on: _____.

Personal Notes _____

4. My Medical doctor is: _____

I start seeing him/her on: _____.

My Endo is (optional): _____

I start Hormones on: _____.

Personal Notes _____

5. I started my new look on: _____.

I plan to change my look by: _____

Personal Notes _____

I plan to change my speech by _____

Personal notes _____

6. The first day I plan to go out dressed as the new me is: _____.

Personal notes _____

My first day out was _____ it was _____

People treated me _____

Personal notes _____

Remember to avoid isolated places, especially after dark!

7. I am watching my mannerisms and posture and noticed: _____

I still need to work on: _____

My plan to fix it is: _____

8. I am being true to myself by: _____

9. I told my family on: _____.

My family's reaction is: _____

Personal notes _____

10. I will start my name change on: _____.

I got my DMV DL328 _____.

My doctor filled it out _____.

I went to DMV and got my new license _____.

I went to Social Security and got my new SS card _____.

Personal notes: _____

I went into a bathroom for the first time as me on: _____.

Boy was it _____

11. I plan to change my name with these companies first: _____

12. I opened a new checking and savings account on: _____.

The people treated me: _____

13. I applied for a new credit card in my new name on _____.

Personal notes _____

14. I spoke to personnel about transitioning on the job on: _____.

They said _____

They need from me _____

I will supply literature to them _____

Someone will speak to my coworkers on _____

I go full time on: _____

Personal notes _____

15. I researched surgeries for _____

I am interested in these surgeries and surgeons: _____

I started my surgery savings on: _____.

My savings goal is _____.

16. I scheduled my first surgery or procedure on: _____.

I am having: _____

The Surgeon said _____

Personal notes _____

The second surgery I plan to have is _____

My savings goal is _____.

I scheduled my second procedure for _____.

The Surgeon said _____

Personal notes _____

17. I applied for my court name change on: _____.

Personal notes _____

I applied for new birth certificate on: _____.

I got my new birth certificate on: _____.

Personal notes _____

