

C&P EXAM PREP GUIDE

Before the exam:

- Bring a list of symptoms
- Bring your medication list
- Bring logs (sleep, pain, symptoms)
- Do NOT minimize your condition
- Do NOT perform movements you cannot normally do

During the exam:

- Describe your worst days, not your best
- Use measurable words (minutes, hours, distance, weight)
- If a task causes pain, say so

What NOT to do:

- Don't joke about pain
- Don't say "I'm fine"
- Don't "push through" tests