

THE DAILY CARE SNAPSHOT

A simple record of what happened today.



PATIENT / LOVED ONE:

DATE:

M T **W** T F S S

CAREGIVER:

DAY / TIME PERIOD:

PATIENT MOOD:



PAIN:

☐ LOW ☐ MED ☐ HIGH

ALERTNESS:

☐ LOW ☐ MED ☐ HIGH

TIME	MEALS & SNACKS / APPETITE
:	
:	
:	
:	
:	
:	

TOILET	WET	BM
	☐	☐
	☐	☐
	☐	☐
	☐	☐
	☐	☐
	☐	☐

PERSONAL CARE			
	SELF	WITH HELP	CARE GIVER
BATH / SHOWER	☐	☐	☐
BED BATH	☐	☐	☐
BRUSH TEETH	☐	☐	☐
GROOMING	☐	☐	☐
DRESSING	☐	☐	☐
EATING	☐	☐	☐
WALKING	☐	☐	☐
-----	☐	☐	☐
-----	☐	☐	☐

THERAPY / EXERCISES	
ARMS	☐
HANDS	☐
NECK	☐
SHOULDERS	☐
BACK	☐
LEGS / FEET	☐
SPEECH	☐
-----	☐
-----	☐

HOUSEKEEPING	
CLEANING	☐
SWEEP / MOP	☐
DUSTING	☐
LAUNDRY	☐
MAKE BED	☐
COOKING	☐
-----	☐
-----	☐
-----	☐

PLANS	
APPOINTMENTS / CALLS	
PLANS FOR TOMORROW	

MEDICATIONS		
MEDICATION	DOSE	TIME

PHYSICAL ACTIVITY	
ACTIVITY	TIME

VITALS			
BLOOD SUGAR			
HEART RATE			
BLOOD PRESSURE			
OXYGEN LEVEL			
TEMPERATURE			

BEHAVIOR / HEALTH CONCERNS / NOTES

SUPPLIES NEEDED



Track only the health measurements, nutrition goals and dietary or fluid limits recommended by your loved one's healthcare team. This log is intended to help organize and communicate care information and is not a substitute for medical advice.



You are doing an amazing job.



7-DAY CARE SUMMARY

A one-page view for appointments, care-team conversations and caregiver handoffs.

NAME: _____ WEEK OF: _____ PREPARED BY: _____

APPOINTMENT / PROVIDER, IF APPLICABLE: _____

AT-A-GLANCE WEEK

DATE	KEY MEASUREMENTS	EATING / FLUIDS	SLEEP	PAIN / COMFORT	MOOD / MOBILITY	SYMPTOMS / CHANGES

CHANGES FROM THEIR USUAL BASELINE THIS WEEK

What was different from their normal pattern, behavior, function or routine?

MEDICATION CHANGES / NEW INSTRUCTIONS

PATTERNS I'VE NOTICED

QUESTIONS OR CONCERNS FOR THE CARE TEAM

INFORMATION / INSTRUCTIONS FROM TODAY'S APPOINTMENT

WHY THIS MATTERS

A single reading shows one moment. A simple record can help the care team see changes and patterns over time, especially when you know something is simply not normal for the person you care for.

Track only the measurements, nutrition goals, and dietary or fluid limits recommended by the healthcare team. Bring this summary and any daily sheets that may help explain a change. This resource is for organization and communication, not diagnosis or medical advice.