Every day you show up is a choice. Today, you chose love.

Day _____ Date _____ ☐ Appointment today

TODAY'S GOAL

_____

_____

_____

_____

TO-DO LIST

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

BLOOD PRESSURE	PULSE	BLOOD SUGAR	TEMP	OXYGEN	WEIGHT

MEDICATION	AMOUNT	TIMES GIVEN						SIDE EFFECTS / NOTES
1.								
2.								
3.								
4.								
5.								

MEALS & FLUIDS

Breakfast	Lunch	Dinner	Snacks / fluids

ACTIVITY / EXERCISE

_____

_____

_____

_____

PROBLEM	ACTION STEPS

END OF THE DAY

How did today feel? (1 = terrible, 5 = great) (1) (2) (3) (4) (5)

I felt this way because _____

The best thing that happened today _____

One thing I did for me today _____