

Daily Care Log / Symptom Tracker

Last updated:

Name of the person I support:

Month/Year:

Emergency contact & phone:

Usual baseline (usual sleep, mood, BP range if known):

One line per day for the person I support, so you can answer “when did this start?” Note the usual baseline at the top so changes stand out. Report new or gradual changes to the care team. **Call 911 for a fall if the person may be seriously hurt or cannot get up, or for trouble breathing, chest pain, or sudden confusion or weakness.**

Key. Sleep: hours, or G good, F fair, P poor. **Mood:** C calm, H happy, A anxious, S sad, Ag agitated, Cf confused, or a word. **Pain:** 0 none to 10 worst. **Bowel:** Y had a movement, N none, or a note (loose, hard). **Bladder / toileting:** OK, or a note (accident, pain, more often). **Fall:** Y or N (if Y, describe in Notes and tell the care team, after calling 911 if needed). **Vitals:** only if the care team asked you to track them.

[illegible]

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Date	Sleep	Mood	Pain 0-10	Bowel	Bladder / toileting	Fall Y/N	Vitals <i>if the care team asked</i>					Notes (what changed, when it started)	Initials
							BP	Pulse	Temp	Weight	Blood sugar		

This log does not replace medical advice. Report changes to the care team. Call 911 in an emergency.

