

Caregiver Daily Monitoring Workbook

30-Day Tracking System for Home Care, Chronic Illness, and Post-Hospital Support

This workbook provides **one complete set of daily caregiver tracking pages** that can be repeated for a 30-day cycle. It includes:

- Daily monitoring sheets (vitals, intake/output, mood, sleep, mobility)
- Meal percentage tracker
- Bowel/urine logs
- Medication administration checklist
- Caregiver notes
- Blank monthly, weekly, and daily calendars for appointments and reminders

WEEKLY OVERVIEW

Week of: _____

Appointments & Reminder

Weekly Care Goals

OUTPUT TRACKER: BOWEL & URINE

Bowel Movements

Time	Consistency (Soft/Hard/Loose)	Size (S/M/L)	Notes

Urine Output

Time	Amount (S/M/L)	Color (Light/Med/Dark)	Notes

MOBILITY, BEHAVIOR & MOOD

Mobility Assistance Needed

Independent Cane/Walker One-person assist Two-person assist Bedbound

Mood (Circle or highlight)

😊 Happy | 😊 Calm | 😐 Neutral | 😞 Anxious | 😓 Sad | 😡 Irritable | 😫 Tired

Behavior Observations

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MEDICATION ADMINISTRATION LOG

Medication	Dose	Time Due	Time Given	Given By	Notes

6. SLEEP TRACKER

	Sleep Period	Hours Slept	Quality (Good/Fair/Poor)	Notes
Overnight				
Naps				

Total Hours Slept: _____

7. SAFETY CHECKLIST

- Took medications on time
 - Skin intact (no redness/sores)
 - No falls today
 - Hydrated adequately
 - Bowel movement monitored
 - Equipment clean & functioning
 - Environment safe & clutter-free
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8. CAREGIVER NOTES & QUESTIONS FOR THE NURSE/DOCTOR

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9. CAREGIVER SELF-CHECK (IMPORTANT!)

How am I feeling today?

Okay Tired Stressed Overwhelmed Need help / relief

Notes:

END OF DAILY PAGE SET

Print or duplicate the daily pages **30 times** for a month-long tracking system.

This workbook supports safer care, early problem detection, and improved communication with healthcare providers.