

## CAREGIVER'S DAILY JOURNAL LOG

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Level of Happiness

AM:  1  2  3  4  5

PM:  1  2  3  4  5

Notes:

Level of Engagement

AM:  1  2  3  4  5

PM:  1  2  3  4  5

Notes:

Level of Pain/Discomfort

AM:  1  2  3  4  5

PM:  1  2  3  4  5

Notes:

What were your challenges and triumphs today?

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Medicine Checklist

Morning

Afternoon

Evening

Any new meds or dietary changes within last 30 days?

What is your ongoing or new goal for success in caregiving and helping your loved one to age gracefully and in a way that fits their individual needs and disposition?

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What were your challenges and triumphs today?

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Do you have any questions or concerns to reach out about?

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