



# Caregiver Daily Log

Because Details Matter — Even When Days Blur Together

*This log is not about perfection.  
It's about patterns, clarity, and giving your  
tired brain a place to rest.*

Fill in what you can.  
Blank spaces are allowed.

## Daily Overview

Date:

Day of the Week: S M T W T F S

Caregiver(s) on Duty:

### How Today Felt Overall:

- Calm
- Mixed
- Hard
- Very hard
- Unexpectedly okay

### Sleep & Rest

#### Overnight Sleep:

- Slept well
- Restless
- Up frequently
- Little to no sleep

### Notes:

### Mood & Behavior

#### Mood Observed Today:

- Calm
- Anxious
- Irritable
- Sad
- Confused
- Agitated

#### Behavior Notes:

- Repetition
- Anger
- Wandering
- Hallucinations
- Withdrawal
- Tearful

#### Details / Triggers / What Helped:

### Health & Care

#### Medications

- Taken as scheduled
- Missed dose
- Refused
- Changed today

#### Notes:

### Appetite & Hydration

#### Meals:

- Ate well
- Ate some
- Poor appetite

#### Fluids:

- Adequate
- Low
- Encouraged often

#### Notes:

### Mobility & Safety

- Walked independently
- Needed assistance
- Unsteady
- Fall or near-fall

#### Notes:

### Daily Highlights & Caregiver Check-In

#### Meaningful Moments (Even small ones count)

#### Caregiver Notes

(What you want to remember later)

### How I'm Doing Today (Caregiver Check-In)

#### Energy Level:

- Low
- Okay
- Depleted

#### Stress Level:

- Low
- Moderate
- High

#### What I Need (If Anything):

*You are doing important work — even on the days that don't look productive.*