



Comprehensive Daily Self Care Log

Date: Tues, 5/19

This tool is intended to help you summarize several components of your self-care program. Space is provided for recording information about daily nutrition, exercise, sleep and medication, and for tracking your mood, symptoms and daily goals.

The food choices I made today:

8 am	Coffee w/ cream, 2 slices wheat Toast w/ marg & jelly Apple slices
10 am	Coffee w/ cream, banana
12:30 pm	Salad - lettuce, tomato, cuke Italian dressing Sliced chicken breast 1 cup veg soup
3 pm	Granola bar
5:30 pm	Broiled whitefish Cauliflower Dinner roll w/ margarine Soda
8 pm	Frozen yogurt

Did I eat a balanced diet today?

Fruits & Veggies

Dairy Lean Protein

Whole Grains

Fats/Oils

Today's Physical Activity:

Activity / # Minutes walked the dog 30 min

Activity / # Minutes short walk at work 10 min

Activity / # Minutes yoga video 30 min

Notes: How did I feel before/during/after activity?

hard time waking up, but felt better after we got out on our walk, good to get some fresh air. Felt much less stressed after, stressed before, relaxed after!

Today's Physical Activity:

	<u>dose taken</u>	
Rx #1	<u>Celexa</u>	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Rx #2	<u>Trazodone</u>	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Rx #3	<u>Lithium</u>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>
Rx #4	<u>Klonopin</u>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Rx #5		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Rx #6		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Rx #7		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

My sleep record:

My sleep target: 7 hours

Actual Bedtime last night: 11:30 pm

Estimated hours slept last night: 6 hours

Target bedtime tonight: 10:30 pm

My goals for today: get to work on time, take my meds on time, don't get too stressed about my project at work

My end-of-day recap: I managed to stay at work, used exercise to relieve stress

My goals for tomorrow: eat more protein, make a meal ahead for the next day, do yoga tape again, turn off the TV and get in bed!

