



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/low fat marg & jelly Apple slices
10 am	Coffee w/cream, banana
12:30 pm	Salad - lettuce, tomato, cuke, Low fat dressing Sliced chicken breast 1 cup veg soup
3 pm	Granola bar
5:30 pm	Broiled whitefish Cauliflower Dinner roll w/low fat marg Diet soda
8 pm	Low fat frozen yogurt

Did I eat a balanced diet today?

Fruits & Veggies XXXXX
 Dairy XX Lean Protein XXXX
 Whole Grains XXXXXX
 Fats/Oils XXX

Today's physical activity:

Activity/ # minutes	<u>walked the dog</u> <u>30 min</u>	<u>hard time waking up, but felt better after we got out on our walk</u>
Activity / # minutes	<u>short walk at work</u> <u>10 min</u>	<u>good to get some fresh air</u> <u>Felt much less stressed after</u>
Activity / # minutes	<u>yoga video</u> <u>30 min</u>	<u>stressed before, relaxed after!</u>

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

My medications for today:

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

My sleep record:

My sleep target: 7 hours
 Actual bedtime last night: 11:30 pm
 Estimated hours slept last night: 6 hrs
 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 cool at work, used exercise to relieve stress.

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