DAILY HEALTH CHANGES TRACKER

Name: _____ Week of: _____

Record only changes from your loved one's usual baseline.

Date	What Changed?	When Did You Notice It?	Anything Else That Changed?

Helpful Things to Watch For:

□ Walking or balance
□ Confusion or memory
□ Eating or drinking
□ Sleeping much more or less
□ New weakness
□ Falls
□ Pain
□ Fever
□ Behavior or personality changes

Other:_____

Before Your Appointment
If possible, be ready to answer these four questions:

1. What changed?

_____
_____

2. When did it start?

_____
_____

3. Has it been getting better, worse, or staying the same?

_____

4. What is different from their normal baseline?

_____
_____

Remember: You don't need to record everything. Just write down meaningful changes from your loved one's usual routine. Even a few simple notes can help your healthcare team better understand what's happening.

Helping patients and caregivers navigate healthcare with confidence.
-AdvocacyDoc