

Caregiver Daily Support Log

This worksheet helps caregivers track daily care tasks, observations, safety concerns, and emotional notes. It provides structure during busy or stressful days and supports clear communication with medical providers.

Date: _____

Caregiver Name: _____

Daily Care Tasks:

☐ Medication Given Time: _____

☐ Meals Prepared/Eaten Notes: _____

☐ Hydration Encouraged Notes: _____

☐ Mobility Assistance Provided

☐ Hygiene/Bathing Assistance

☐ Exercise or Therapy Completed

Behavior & Emotional Notes:

Physical Observations (check all that apply):

☐ Weakness ☐ Confusion ☐ Trouble speaking

☐ Vision issues ☐ Dizziness ☐ Headache

☐ Fatigue ☐ Other: _____

Safety Concerns:

Questions or Notes for the Doctor:

Additional Notes:
