

Activity Chart

This chart is for keeping track of daily activities and care routines (such as reading, napping, bathroom, hobbies, dressing or eating), the assistance needed, and comments.

Time	Activity	Assistance Needed	Comments
8:20 am	<i>Wakeup</i>	<i>Assistance to bathroom, brush teeth, shower</i>	<i>Patient woke up very happy and singing</i>
9:00 am	<i>Breakfast: orange juice, one egg, dry toast, coffee, cream & sugar</i>	<i>help with drinking coffee and juice</i>	<i>Patient ate all of their breakfast</i>

Caregiver comments : _____

Medication Schedule & Check Off

Breakfast & Mid Morning		<i>Mon _</i>	<i>Tue _</i>	<i>Wed _</i>	<i>Thurs _</i>	<i>Fri _</i>	<i>Sat _</i>	<i>Sun _</i>
Medication	Dosage							

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10:00 am	<i>Fifteen minute walk outside</i>	<i>Use of walker needed.</i>	<i>Patient was a bit tired after walk</i>
11:00 am	<i>Nap</i>	<i>Assistance with helping patient into bed for nap</i>	<i>Patient listens to soft music when napping</i>