

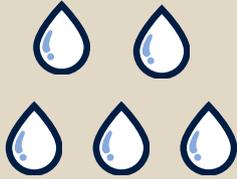


Senior and Living Today



Daily Wellness Tracker

DAILY FOOD & WATER REQUIREMENT



Breakfast: _____

Lunch: _____

Dinner: _____

MEDICATION

Ex. Atorvastatin, Metformin & Levothyroxine

1ST MEDICATION DOSAGE

2ND MEDICATION DOSAGE

3RD MEDICATION DOSAGE

- 5:00 AM – 7:00 AM
- 7:00 AM – 9:00 AM
- 9:00 AM – 11:00 AM
- 11:00 AM – 1:00 PM
- 1:00 PM – 3:00 PM
- 3:00 PM – 5:00 PM
- 5:00 PM – 7:00 PM
- 7:00 PM – 9:00 PM
- 9:00 PM – 5:00 AM

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- 5:00 PM – 7:00 PM
- 7:00 PM – 9:00 PM
- 9:00 PM – 5:00 AM

MUST HAVE THINGS

- Adjustable bed
- Grab bars and non-slip mats
- Bright, glare-free lighting
- Disinfect trash bins
- Emergency alert device
- Mobility aid

- Pension or retirement income plan
- Budget planner or finance tracker
- Technology setup for communication
- First-aid kit and medical record file
- Hearing aids or eyeglasses
- Hobby or creative outlet

MOOD





Senior and Living Today



Daily Wellness Tracker

WINS THIS WEEK

Ex. Completed daily walks all week feeling stronger and more independent.

GOALS NEXT WEEK

Ex. Join a local community group to stay active and social.

WHAT YOU ARE MISSING?

LOOKING FOR MEDICAL PILL BOX?

[CLICK HERE](#)

DO FEEL SOME KIND OF SUPPORT OR COMMUNITY?

[CLICK HERE](#)

LOOKING FOR BETTER FINANCIAL PLAN?

[CLICK HERE](#)

EAGER TO LEARN ABOUT TECHNOLOGY?

[CLICK HERE](#)

PERSONAL INFORMATION:

FULL NAME: _____

AGE: _____

GENDER: _____

EMAIL: _____

