SAMPLE

Excerpt from: Family Care Journal Pack

This sample shows the first 3 page(s) of the full 39-page product.

This is a sample only. It is NOT the full product.

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WITNESSLOG · FAMILY CARE JOURNAL PACK

WitnessLog

Family Care Journal Pack

A 30-day printable companion for family caregivers

30 days of guided daily care pages

Weekly medication tracker

Doctor visit toolkit and emergency contacts

getwitnesslog.com

How to use this pack

This pack is a paper companion for family caregivers. Print it, keep it where care happens, and write in it every day. Short honest notes beat perfect notes - write enough that another person could understand what the day was like.

Printing

- Print single-sided on US Letter paper (8.5 x 11 in).
- Use a three-ring binder or folder so pages stay in order.
- Keep a pen with the binder - the best journal is the one within reach.

The daily journal page

- One page per day, for 30 days. Fill it in the evening, or a little at a time.
- Timeline: a few words per block is enough - "ate well", "tired after walk", "called pharmacy".
- Mood and energy: mark what you saw, not what you hoped to see.
- Gratitude line: one small thing. It matters more than you think on hard days.

Medication tracker

- Write each medication once in the left column, then check the boxes every day: morning, midday, evening.
- If a dose is skipped, leave the box empty and note why on the daily page.

Doctor visits and emergencies

- Fill in the "Before the visit" page the night before. Bring the binder to the appointment.
- Keep the Emergency contacts page on the fridge as well as in the binder.

A note: this pack helps you stay organized. It does not replace medical advice. When something worries you, call the doctor or nurse line - do not wait for the next page.

Day 1

Date: _____

The day, hour by hour

Time	What happened	Notes
Morning (6-10)		
Midday (10-2)		
Afternoon (2-6)		
Evening (6-10)		

Meals

☐ Breakfast ☐ Lunch ☐ Dinner ☐ Snacks

Appetite today: ☐ Good ☐ Okay ☐ Poor

Medications taken

Medication	Time	Taken
		☐
		☐
		☐

Mood and energy

Low ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 Great

What helped most today:

Visitors and calls

Who	Time	Notes

One thing I'm grateful for today

Notes