

Caregiver Daily Log

One page per day. Keep families and staff on the same page.

Use this log to track meals, meds, mood, toileting, sleep, and notable events. Bring last week's logs to medical appointments and care plan reviews.

Client name

Date

Caregiver on shift

VITALS & BASICS

Time	BP / HR	Temp	Blood sugar	Notes

MEALS & FLUIDS

Meal	What was eaten	Fluids (oz)	Refused?

TOILETING

Time	BM	Urine	Notes

MOOD, BEHAVIOR, SLEEP

Mood throughout the day

Behaviors / triggers

Naps and night sleep

NOTES FOR NEXT SHIFT

What worked

What didn't

Anything family should know