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# Daily Wellness Tracker

- This tool is designed to help you stay on track with your treatment plan
- You will find a weekly calendar inside. For each day, there are fields in which you will fill out how you are feeling and add any additional notes
- Use this tracker to collaborate with your healthcare team
- **If you have a troublesome symptom or side effect that is not listed, or you are experiencing a severe symptom that is interfering with your daily activities, please contact your healthcare professional**

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| WEEK 1 | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|---|---|---|---|---|---|---|---|
| | ___WEEKDAY___<br>___ /___<br>MM / DD | ___WEEKDAY___<br>___ /___<br>MM / DD | ___WEEKDAY___<br>___ /___<br>MM / DD | ___WEEKDAY___<br>___ /___<br>MM / DD | ___WEEKDAY___<br>___ /___<br>MM / DD | ___WEEKDAY___<br>___ /___<br>MM / DD | ___WEEKDAY___<br>___ /___<br>MM / DD |
| **Nausea**<br>Compared to an average day, what level of nausea am I experiencing today? | ☐ ☐ ☐<br>None   A lot | ☐ ☐ ☐<br>None   A lot | ☐ ☐ ☐<br>None   A lot | ☐ ☐ ☐<br>None   A lot | ☐ ☐ ☐<br>None   A lot | ☐ ☐ ☐<br>None   A lot | ☐ ☐ ☐<br>None   A lot |
| **Energy**<br>Compared to an average day, what is my current energy level today? | ☐ ☐ ☐<br>Poor   Good | ☐ ☐ ☐<br>Poor   Good | ☐ ☐ ☐<br>Poor   Good | ☐ ☐ ☐<br>Poor   Good | ☐ ☐ ☐<br>Poor   Good | ☐ ☐ ☐<br>Poor   Good | ☐ ☐ ☐<br>Poor   Good |
| **Appetite**<br>Compared to an average day, what is my appetite level today? | ☐ ☐ ☐<br>Poor   Good | ☐ ☐ ☐<br>Poor   Good | ☐ ☐ ☐<br>Poor   Good | ☐ ☐ ☐<br>Poor   Good | ☐ ☐ ☐<br>Poor   Good | ☐ ☐ ☐<br>Poor   Good | ☐ ☐ ☐<br>Poor   Good |

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| WEEK 2 | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|---|---|---|---|---|---|---|---|
| | ___ WEEKDAY ___ /___ MM / DD | ___ WEEKDAY ___ /___ MM / DD | ___ WEEKDAY ___ /___ MM / DD | ___ WEEKDAY ___ /___ MM / DD | ___ WEEKDAY ___ /___ MM / DD | ___ WEEKDAY ___ /___ MM / DD | ___ WEEKDAY ___ /___ MM / DD |
| **Nausea** Compared to an average day, what level of nausea am I experiencing today? | ☐ ☐ ☐ None    A lot | ☐ ☐ ☐ None    A lot | ☐ ☐ ☐ None    A lot | ☐ ☐ ☐ None    A lot | ☐ ☐ ☐ None    A lot | ☐ ☐ ☐ None    A lot | ☐ ☐ ☐ None    A lot |
| **Energy** Compared to an average day, what is my current energy level today? | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good |
| **Appetite** Compared to an average day, what is my appetite level today? | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good |

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| WEEK 3 | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|---|---|---|---|---|---|---|---|
| | WEEKDAY \_\_\_ /\_\_\_ MM / DD | WEEKDAY \_\_\_ /\_\_\_ MM / DD | WEEKDAY \_\_\_ /\_\_\_ MM / DD | WEEKDAY \_\_\_ /\_\_\_ MM / DD | WEEKDAY \_\_\_ /\_\_\_ MM / DD | WEEKDAY \_\_\_ /\_\_\_ MM / DD | WEEKDAY \_\_\_ /\_\_\_ MM / DD |
| **Nausea** Compared to an average day, what level of nausea am I experiencing today? | ☐ ☐ ☐ None    A lot | ☐ ☐ ☐ None    A lot | ☐ ☐ ☐ None    A lot | ☐ ☐ ☐ None    A lot | ☐ ☐ ☐ None    A lot | ☐ ☐ ☐ None    A lot | ☐ ☐ ☐ None    A lot |
| **Energy** Compared to an average day, what is my current energy level today? | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good |
| **Appetite** Compared to an average day, what is my appetite level today? | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good |

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| WEEK 4 | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|---|---|---|---|---|---|---|---|
| | ___ WEEKDAY ___ /___ MM / DD | ___ WEEKDAY ___ /___ MM / DD | ___ WEEKDAY ___ /___ MM / DD | ___ WEEKDAY ___ /___ MM / DD | ___ WEEKDAY ___ /___ MM / DD | ___ WEEKDAY ___ /___ MM / DD | ___ WEEKDAY ___ /___ MM / DD |
| **Nausea** Compared to an average day, what level of nausea am I experiencing today? | ☐ ☐ ☐ None   A lot | ☐ ☐ ☐ None   A lot | ☐ ☐ ☐ None   A lot | ☐ ☐ ☐ None   A lot | ☐ ☐ ☐ None   A lot | ☐ ☐ ☐ None   A lot | ☐ ☐ ☐ None   A lot |
| **Energy** Compared to an average day, what is my current energy level today? | ☐ ☐ ☐ Poor   Good | ☐ ☐ ☐ Poor   Good | ☐ ☐ ☐ Poor   Good | ☐ ☐ ☐ Poor   Good | ☐ ☐ ☐ Poor   Good | ☐ ☐ ☐ Poor   Good | ☐ ☐ ☐ Poor   Good |
| **Appetite** Compared to an average day, what is my appetite level today? | ☐ ☐ ☐ Poor   Good | ☐ ☐ ☐ Poor   Good | ☐ ☐ ☐ Poor   Good | ☐ ☐ ☐ Poor   Good | ☐ ☐ ☐ Poor   Good | ☐ ☐ ☐ Poor   Good | ☐ ☐ ☐ Poor   Good |

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## WEEK 5

| | DAY 1 ___ WEEKDAY ___/___ MM / DD | DAY 2 ___ WEEKDAY ___/___ MM / DD | DAY 3 ___ WEEKDAY ___/___ MM / DD | DAY 4 ___ WEEKDAY ___/___ MM / DD | DAY 5 ___ WEEKDAY ___/___ MM / DD | DAY 6 ___ WEEKDAY ___/___ MM / DD | DAY 7 ___ WEEKDAY ___/___ MM / DD |
|---|---|---|---|---|---|---|---|
| **Nausea** Compared to an average day, what level of nausea am I experiencing today? | ☐ ☐ ☐ None    A lot | ☐ ☐ ☐ None    A lot | ☐ ☐ ☐ None    A lot | ☐ ☐ ☐ None    A lot | ☐ ☐ ☐ None    A lot | ☐ ☐ ☐ None    A lot | ☐ ☐ ☐ None    A lot |
| **Energy** Compared to an average day, what is my current energy level today? | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good |
| **Appetite** Compared to an average day, what is my appetite level today? | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good | ☐ ☐ ☐ Poor    Good |

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