

Daily Activity Tracking Sheet for Aging Parents

Use this simple tracker to monitor your loved one's daily routines. It helps you spot changes early and decide if more support (like a caregiver or CNA) is needed.

Basic Daily Log

Name: _____

Date: _____

Morning Routine

- ☐ Woke up independently
- ☐ Used the bathroom safely
- ☐ Completed hygiene (brushed teeth, washed face)
- ☐ Got dressed
- ☐ Ate breakfast
- ☐ Took morning medications

Notes: _____

Meals & Hydration

- ☐ Ate lunch
- ☐ Ate dinner
- ☐ Drank enough fluids (water, tea, etc.)
- ☐ Needed reminders to eat/drink

Notes: _____

Medication Tracking

- ☐ Took all medications on time
- ☐ Needed reminders
- ☐ Refused or forgot medication

Notes: _____

Mobility & Physical Activity

- ☐ Walked safely
- ☐ Used walker/cane properly
- ☐ Needed help transferring (bed/chair)
- ☐ Did light exercise or movement

Notes: _____

Cognitive & Emotional Check

- ☐ Alert and oriented (knew time/place)
- ☐ Mild confusion
- ☐ Significant confusion
- ☐ Mood was stable
- ☐ Signs of anxiety or depression

Notes: _____

Safety Check

- ☐ No falls today
- ☐ No wandering
- ☐ Appliances used safely
- ☐ Doors secured properly

Notes: _____

Evening Routine

- ☐ Ate dinner
- ☐ Completed hygiene
- ☐ Took evening medications
- ☐ Settled into bed safely
- ☐ Slept well / sleep issues

Notes: _____

Daily Summary

Overall Day:

- ☐ Good (independent, no issues)
- ☐ Some concerns (needed reminders/help)
- ☐ High concern (safety or medical issues)

What stood out today?

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Weekly Pattern Tracker (Optional)

At the end of each week, look for patterns:

- ☐ Eating less
- ☐ Increased confusion
- ☐ More falls or instability
- ☐ Missed medications
- ☐ Mood changes

If you notice patterns, it may be time to:

- Increase caregiver hours
- Add medical support (CNA)
- Talk to a healthcare provider

Final Tip

Small changes matter.

When you track daily activity, you stop guessing and start seeing what's really happening. That's how you make confident care decisions, before a crisis forces one.