



YOUR DAILY CARE CHECKLIST

Disclaimer: This checklist is for general informational purposes only and is not medical advice. Always follow the specific instructions of your healthcare team.



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■ MORNING ROUTINE

- Take all medications as prescribed
- Do 3–5 minutes of light stretching
- Eat a small, protein-rich breakfast
- Review today's appointments and tasks
- Note any new or worsening symptoms

■ SYMPTOMS TO TRACK DAILY

- Shortness of breath
- Pain level
- Fatigue
- Appetite or weight changes
- Cough or mucus changes
- Fever or signs of infection
- Mood and anxiety levels

■ HEALTH & WELLNESS TASKS

- Drink plenty of water throughout the day
- Eat small, balanced meals or snacks
- Do gentle activity (short walk, chair yoga, stretching)
- Take rest breaks whenever needed
- Use inhalers, oxygen, or breathing devices as directed

■ **COMFORT & HOME ENVIRONMENT**

- Keep your resting area clutter-free
- Maintain clean air (avoid smoke, strong scents, allergens)
- Ensure good lighting and airflow
- Keep essentials within easy reach (water, meds, tissues, phone)

■ **EMOTIONAL WELLNESS**

- Practice one relaxation technique (mindfulness, visualization, grounding exercises)
- Journal or reflect on thoughts and feelings
- Reach out to a friend, family member, or support buddy
- Attend a support group or counseling session (if helpful)
- Note 1–3 things you are grateful for today

■ **EVENING ROUTINE**

- Gentle stretching
- Record any symptoms or concerns for your care team
- Prepare medications and items needed for tomorrow
- Wind down with a relaxing activity (reading, soft music, warm shower)