

My Day to Day

Whether you are 65 or 80, staying active and connected to people is a vital part of aging well. Completing this section of your Mywell Health planner gives you an opportunity to think about and record your daily activities, preferences, and routines. Take a moment to reflect on your typical day, what you like to do to stay physically active, socially connected to others, and emotionally well. If you are living with a chronic health condition, consider your specific needs and how services and support from others can contribute to your well-being.

[MywellHealth.info](https://www.mywellhealth.info)

Write your full name & date completed/updated here:
(It will automatically appear on every page)

Activities

Active Living & Staying Connected Explore ways to stay active and connected to others.

Transportation & Getting Around Learn about your options as your needs change.

Planning for Nutrition & Meal Support Explore ways to ensure you have a healthy diet.

My Daily Activities & Personal Needs Think about your daily activities and where you might need help.

Medications & Other Daily Records Explore ways to keep track of your medications and health..

Resource Kit

Click the underlined words in each activity to explore the online [resource kit](#). The resource kit provides definitions, educational materials, links to websites, videos, and more!

Medical Emergency

If you have a medical emergency call 911. Do NOT use the planner or website for medical emergencies. If you have a medical concern, call your physician or a health care professional.

The general information provided on the website and planner is for informational purposes only and is not professional medical advice. Please read the [Terms of Use](#).

Medications & Other Daily Records

There are different reasons you may find it helpful to keep daily records. Your physician or health care professional may suggest you keep track of your [medications](#), [weight](#), exercise, diet/[nutrition](#), [fluid intake](#), [lab results](#), [pain levels](#), blood sugar levels or A1C, or blood pressure. Your [Mywell Health planner](#) can assist you in creating your daily records for the items you want to monitor. If there are others supporting your care, print off copies of these tables so you can record on them daily.

Tip: Ask your [physician](#) or health care professionals what you should check on daily, weekly, or monthly to maintain your overall health..

Medication Record

Regularly check your [medication list](#) in your [health profile](#) to ensure it is up-to-date. Remember to review this list with your [physician](#) every year. Include [over the counter drugs](#), [vitamins](#), [herbs](#), and [supplements](#). You can use a medication record to keep track of the medications you take every day. Add any special instructions, such as how to take your [medications](#) and whether they should be taken with or without food. Initial who gives you the medication if you do not take them on your own. You might want to print multiple copies for your [Mywell Health planner](#) binder. If you are taking a number of medications, consider using pill box organizers. If you have multiple medications, at different times throughout the day, ask your [pharmacist](#) about medication blister packs that sort your medications in time slots daily.

Tip: When you pick up your prescription, you will receive a [pharmacy handout](#). You can scan and add it to your digital files and/or keep a print copy in this section of your Mywell health planner binder. Pharmacy handouts are valuable resources that provide information on how your [medications](#) work, side effects, and more.

Medication Record

Print or duplicate this template to use as a daily medication record. Include name of medication, dosage, time to be taken and all special instructions. (For example; with or without food, or crushed.)

Medications	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

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Medications	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Daily Record

Your physician and health professionals may recommend that you keep a daily or weekly record as part of your health plan. It might include recording your weight, nutrition (what you eat or drink), fluid intake, blood pressure, lab results, blood sugar, or pain levels. Customize these records by listing what you need to monitor.

What I Need to Record Daily	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Daily Record

Your physician and health professionals may recommend that you keep a daily or weekly record as part of your health plan. It might include recording your weight, nutrition (what you eat or drink), fluid intake, blood pressure, lab results, blood sugar, or pain levels. Customize these records by listing what you need to monitor.

What I Need to Record Daily	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Notes for My Day to Day

Use the 'Notes for My Day to Day' as needed. It keeps all your thoughts, questions, and things to do in one place. Might be a place to list ideas, services, and resources you like.

Date	A place to record your thoughts, questions, and learning

Notes	
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