

ELDERLY CARE ROUTINE

Date: _____

TIME	ACTIVITY / TASK	DONE	OBSERVATIONS / NOTES
07:00 - 08:00	Wake up, Morning Hygiene & Dressing		
08:00 - 08:30	Breakfast & Morning Medications		
10:30 - 11:00	Light Exercise / Stretching / Hydration		
12:30 - 13:30	Lunch & Afternoon Medications		
14:00 - 15:30	Rest Period / Quiet Time		
16:00 - 17:00	Social Activity / Hobby / Walk		
18:30 - 19:30	Dinner & Hydration Check		
20:00 - 21:00	Evening Meds & Bedtime Preparation		

Daily Health Vitals:

Blood Pressure: _____

Blood Sugar: _____

Water Intake (Glasses): _____

Mood: _____

Appetite: _____

Caregiver Initial: _____

Additional Comments / Special Incidents: