

Daily Health Log Template

One page per day for readings and observations: BP, pulse, SpO2, sugar context, temperature, weight.

Time	BP / Pulse / SpO2	Sugar + context	Temperature / Weight	Symptoms / mood	Food / water / sleep	Care notes
Morning						
Late morning						
Midday						
Afternoon						
Evening						
Night						

Caregiver handover:

Family review notes:

DISCLAIMER

This document is for personal care coordination and recordkeeping only. It is not medical advice, a diagnosis, treatment plan, or a substitute for care from a licensed clinician. In a medical emergency, contact your local emergency number immediately. HomeCare by fit-byte is not an emergency service and does not provide remote diagnosis or telemedicine.