

CHANGE FROM BASELINE

We don't need to know how they are. We need to know what's different.

Fill this page in once, on a good week. Everything after it is a comparison — which is the form the medical team can actually use.

THE BASELINE — FILLED ONCE

ON A GOOD WEEK, THEY CAN...

NORMAL APPETITE / SLEEP / WALKING DISTANCE FOR THEM

HOW THEY USUALLY SEEM IN THE MORNING

WHAT THEY NORMALLY WEIGH

CHANGE FROM BASELINE

Left column once, on a good week. Right column every time.

	NORMAL FOR THEM	TODAY
DATE		
APPETITE		
SLEEP		
WALKING		
BREATHING		
CONFUSION		
MOOD		
WEIGHT		
PAIN		
OTHER		

WHAT I NOTICED FIRST

CHANGE FROM BASELINE

Left column once, on a good week. Right column every time.

	NORMAL FOR THEM	TODAY
DATE		
APPETITE		
SLEEP		
WALKING		
BREATHING		
CONFUSION		
MOOD		
WEIGHT		
PAIN		
OTHER		

WHAT I NOTICED FIRST

CHANGE FROM BASELINE

Left column once, on a good week. Right column every time.

	NORMAL FOR THEM	TODAY
DATE		
APPETITE		
SLEEP		
WALKING		
BREATHING		
CONFUSION		
MOOD		
WEIGHT		
PAIN		
OTHER		

WHAT I NOTICED FIRST

CHANGE FROM BASELINE

Left column once, on a good week. Right column every time.

	NORMAL FOR THEM	TODAY
DATE		
APPETITE		
SLEEP		
WALKING		
BREATHING		
CONFUSION		
MOOD		
WEIGHT		
PAIN		
OTHER		

WHAT I NOTICED FIRST

CHANGE FROM BASELINE

Left column once, on a good week. Right column every time.

	NORMAL FOR THEM	TODAY
DATE		
APPETITE		
SLEEP		
WALKING		
BREATHING		
CONFUSION		
MOOD		
WEIGHT		
PAIN		
OTHER		

WHAT I NOTICED FIRST

CHANGE FROM BASELINE

Left column once, on a good week. Right column every time.

	NORMAL FOR THEM	TODAY
DATE		
APPETITE		
SLEEP		
WALKING		
BREATHING		
CONFUSION		
MOOD		
WEIGHT		
PAIN		
OTHER		

WHAT I NOTICED FIRST
