

Cancer Daily Tracker

Post Treatment / Survivorship - Daily Log

Date:

Medication & Monitoring

Ongoing Medication	<input type="checkbox"/> Yes <input type="checkbox"/> No
Medication Details	<input type="text"/>

Physical Wellness

Pain Level (0-10)	0 1 2 3 4 5 6 7 8 9 10
Fatigue Level (0-10)	0 1 2 3 4 5 6 7 8 9 10
Appetite	<input type="checkbox"/> Poor <input type="checkbox"/> OK <input type="checkbox"/> Good
Weight (kg)	<input type="text"/>
Sleep (hours)	<input type="text"/>

Emotional & Mental Health

Mood Today	<input type="text"/>
Anxiety Level (0-10)	0 1 2 3 4 5 6 7 8 9 10
Depression Level (0-10)	0 1 2 3 4 5 6 7 8 9 10
Motivation Level (0-10)	0 1 2 3 4 5 6 7 8 9 10
Faith/Spiritual Strength (1-5)	1 2 3 4 5

Activity & Exercise

Exercise Type	<input type="text"/>
Exercise Duration (minutes)	<input type="text"/>
Steps (if tracking)	<input type="text"/>

Appointments & Support

