Shark Team

sharkteam.app

Caregiver daily task checklist

Cross off what doesn't apply and add your own. Check each task with your initials and the time.

For _____ **Date** _____

MORNING

- [ ] Check how they seem today
- [ ] Bathroom
- [ ] Morning meds (given / refused / skipped)
- [ ] Vitals the doctor asked for
- [ ] Wash, mouth care, dress
- [ ] Breakfast and a drink
- [ ] Glasses, hearing aids, dentures

MIDDAY

- [ ] Lunch and fluids
- [ ] Midday meds
- [ ] Walk or exercises
- [ ] Something enjoyable
- [ ] Rest

AFTERNOON

- [ ] Snack and a drink
- [ ] Appointments or errands
- [ ] Light housekeeping
- [ ] Check supplies

EVENING

- [ ] Dinner and fluids
- [ ] Evening meds
- [ ] Skin and foot check
- [ ] Wash up, change for bed
- [ ] Lay out tomorrow's things
- [ ] Write the handoff

BEDTIME AND OVERNIGHT

- [ ] Bedtime meds
- [ ] Bathroom before bed
- [ ] Night light on, path clear
- [ ] Walker and phone within reach

SAFETY

- [ ] Floors clear
- [ ] Stove off, doors locked
- [ ] Emergency info card easy to find

WEEKLY

- [ ] Refill the pill organizer
- [ ] Request refills (about a week left)
- [ ] Reorder supplies
- [ ] Change bed linens

Notes

Free printable from Shark Team (sharkteam.app). General information only, not medical advice. Talk to your doctor about your care.