

CAREGIVING WEEKLY TASKS

Caregiver Name: _____

Date: _____

		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
		Task	Notes	Task	Notes	Task	Notes	Task	Notes	Task	Notes	Task	Notes	Task	Notes
Personal Care	Bathing														
	Dressing														
	Eating														
	Medication														
	Other														
Emotional	Appt. w/ Counselor														
	Appt. w/ Psychiatrist														
	Appt. w/ Social Worker														
	Other														
Nutrition	Meal Prep														
	Prepare Breakfast														
	Prepare Lunch														
	Prepare Dinner														
	Appt. w/ Dietitian														
Household	Other														
	Transporting to/From														
	Laundry														
	Housework														
	Transportation														
	Medication														
Shopping	Shopping														
	Other														

