

Alzheimer's Disease Tracking Diary

If the person you are caring for is experiencing symptoms of Alzheimer's disease, keeping track of changes in memory, daily activities and behavior on a regular basis may help the doctor make informed decisions about treatment.

You can print out a copy of this tracking diary and take some time each day to record daily activities including new and recurring symptoms, unusual events, sleeping and eating habits and reactions to medications and any other information you want to share with the doctor or family members.

Date _____

Medications Taken:

Memory:

Daily Activities:

Behavior/Demeanor:

Appetite/Eating Habits:

Sleeping Patterns: Wakeup _____ Bedtime: _____

Unusual Incidents:

Questions to Ask the Doctor:
