Quick Daily Care Tracker

Time (in minutes)	Task	Date										
		18-Mar	19-Mar	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar	25-Mar	26-Mar	27-Mar	28-Mar
	AM											
<1	Clean hands											
2	Albuterol puffs with spacer (1 min apart)											
20	Inhaled hyper-sal											
10	Aribeka and/or CPT with huffing											
10	Inhaled Pulmozyme											
1+	Breakfast pills (pre-sorted) plus enzymes											
	Orkambi											
	Nasonex											
1	Pills-to-go!											
	PM											
<1	Lunch enzymes											
<1	Snack enzymes											
1 +/-	Dinner enzymes											
	Orkambi											
	Nasonex											
<1	Clean Hands											
2	Albuterol puffs with spacer (1 min apart)											
20	Inhaled hyper-sal											
10	Aribeka and/or CPT with huffing											
5 +/-	Nasal rinse (prepare and do)											
15 +/-	Clean nebs as directed											