

Experience the Difference *daily tracker*

Use this worksheet to gauge how you are feeling throughout the program. Using a rating scale of 1-5, with 1 being very poor and 5 being great, mark how you are feeling each day you are trialing more frequent therapy.

How do you feel?	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Mood How are you feeling? 										
Energy Are you able to do activities at home or outside? 										
Appetite Are you eating well at regular intervals? 										
Sleep How are you sleeping? 										
Recovery Time After Treatment Are you able to resume regular activities after treatments? 										

After you complete the program, review your numbers with your care team to determine if more frequent hemodialysis is a good option for you!