<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
</table>

**Self Care**
- Use the self-care zone tool, call early when you have symptoms.
- Follow diet/fluid restrictions.
- Use the daily log to record your numbers every day.

**Medications**
- Take every dose, every day.
- Consult a provider before holding or increasing a dose.
- Do not forget to refill prescriptions.

**Follow up Care**
- Keep all appointments.
- Call to notify your provider if you are having symptoms, you may need an appointment.
- Bring medications in their bottles to your appointments.