



Skin and foods week

Week of _____

Tick a box each time a cream goes on: morning, then evening.

BODY AREA	CREAM	MON	TUE	WED	THU	FRI	SAT	SUN
Face		☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
Scalp and neck		☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
Arms		☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
Hands		☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
Chest and tummy		☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
Back		☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
Legs		☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
Feet		☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
Diaper area		☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
		☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐

Foods this week

DAY	FOOD	HOW THEY DID	NOTES FOR THE DOCTOR

Wheezy nights

DAY	PUFFS GIVEN	NOTES FOR THE DOCTOR

A record for your next appointment. Follow the plan your doctor gave you; this sheet doesn't replace it.

From snuglog.com, where Snuglog Care does this with reminders and photos.

