

7-Day Caregiver Signal Chart

Free caregiver-light version v1.1 | 2-3 minutes a day | Short notes are enough

Person supported: _____

Week starting: _____

Completed by: _____

Main question / focus: _____

How to use this chart

Complete the quick row once each day. Use the daily detail pages only for notes that matter. Do not try to record everything. The goal is to make repeating pressure points, ease signals, connection, breathing changes, and routine shifts easier to see.

Signal circle or write one short word	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date							
Sleep Good / Medium / Poor							
Food rhythm Steady / Changed / Difficult							
Hydration Enough / Low / Unsure							
Digestion / comfort Easy / Mixed / Difficult							
Bowel rhythm Easy / Changed / None							
Sensory load Low / Medium / High							
Stress / overload Low / Medium / High							
Breathing / regulation Usual / Changed / Difficult							
Meaningful connection Connected / Mixed / Disconnected							
Energy / mood Calm / Mixed / Low / Activated							
Movement Usual / Less / More							
Recovery Good / Mixed / Low							

Daily Detail Notes - Days 1 to 4

Use only the lines that matter. One or two phrases are enough.

DAY 1

Date: _____

Main foods / meal rhythm

Breakfast: _____

Lunch: _____

Dinner / other: _____

Hydration / timing

Digestion / bowel rhythm

Strongest pressure / ease signal

(sensory, breathing, connection, stress, recovery) _____

What changed today?

Caregiver note

DAY 2

Date: _____

Main foods / meal rhythm

Breakfast: _____

Lunch: _____

Dinner / other: _____

Hydration / timing

Digestion / bowel rhythm

Strongest pressure / ease signal

(sensory, breathing, connection, stress, recovery) _____

What changed today?

Caregiver note

DAY 3

Date: _____

Main foods / meal rhythm

Breakfast: _____

Lunch: _____

Dinner / other: _____

Hydration / timing

Digestion / bowel rhythm

Strongest pressure / ease signal

(sensory, breathing, connection, stress, recovery) _____

What changed today?

Caregiver note

DAY 4

Date: _____

Main foods / meal rhythm

Breakfast: _____

Lunch: _____

Dinner / other: _____

Hydration / timing

Digestion / bowel rhythm

Strongest pressure / ease signal

(sensory, breathing, connection, stress, recovery) _____

What changed today?

Caregiver note

Daily Detail Notes - Days 5 to 7

Use the extra note space only when a daily box is not enough.

DAY 5

Date: _____

Main foods / meal rhythm

Breakfast: _____

Lunch: _____

Dinner / other: _____

Hydration / timing

Digestion / bowel rhythm

Strongest pressure / ease signal

(sensory, breathing, connection, stress, recovery) _____

What changed today?

Caregiver note

DAY 6

Date: _____

Main foods / meal rhythm

Breakfast: _____

Lunch: _____

Dinner / other: _____

Hydration / timing

Digestion / bowel rhythm

Strongest pressure / ease signal

(sensory, breathing, connection, stress, recovery) _____

What changed today?

Caregiver note

DAY 7

Date: _____

Main foods / meal rhythm

Breakfast: _____

Lunch: _____

Dinner / other: _____

Hydration / timing

Digestion / bowel rhythm

Strongest pressure / ease signal

(sensory, breathing, connection, stress, recovery) _____

What changed today?

Caregiver note

EXTRA NOTES / DIFFERENCES BETWEEN CAREGIVERS OR LOCATIONS

Short Weekly Review

Complete after Day 7. Keep answers short. The goal is one clearer next step.

1. What repeated most clearly this week?

2. What seemed to create the most pressure or overload?

3. What seemed to create the most ease, calm, comfort, or recovery?

4. Did food, hydration, bowel rhythm, sleep, breathing, meaningful connection, sensory load, or routine changes appear connected?

5. What is the smallest useful thing to observe or adjust next week?

Next step

Keep the chart for your own records. When you want help organizing the week into a written reflection, use TerrainIntent voice + intake or visit the caregiver-support page.

terrainintent.com/caregiver-support



Partner sharing line: TerrainIntent helps individuals, families, and caregivers organize scattered daily signals into a clearer written reflection, so the next practical step becomes easier to see.