Patients who get the most out of life each day are patients who set daily goals, and at the same time, remain flexible. Keeping a daily schedule can be a great way to help you manage everything from household tasks and social outings, to exercise and doctor appointments.

**MORNING**

**Self-Assessment:** Morning is a good time to listen to your body. Understanding how you’re feeling each day will help you determine what you can comfortably do.

**Nutrition:** Start your day off with a nutritious breakfast to get the fuel you need. Ask your doctor about a diet that’s right for you.

**Check Your Calendar:** Modify your schedule to suit how you’re feeling today.

**DAILY**

**Self-Assessment:** Remember to track your symptoms throughout the day.

**Nutrition:** Eating well is key to staying healthy and alert.

**Rest Up:** Take breaks between tasks if needed, or even take a catnap to give you a bit more energy during your mid-day slump.
**Exercise:** Remember, exercising will actually allow you to remain more active in the long run. So, if it’s part of your plan—follow your doctor’s prescribed exercise regimen as closely as you can.

**Record:** Keep a daily journal and monitor your daily vital signs, exercise routines, and symptoms.

**Connect:** Spending time with other people is key to your health and overall sense of well-being. Call up a friend, attend an event, or join a support group. Whatever you do—enjoy it.

**Play:** Spend time each day doing something you like; play a game with a friend or take on a new hobby that you find rewarding. You deserve it.

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**END-OF-DAY**

**Self-Assessment:** Now is the time to take inventory. Record how you feel overall, and assess how you might do things differently tomorrow.

**Nutrition:** Enjoy a nutritious meal for dinner. Eat early enough so it doesn’t interfere with the quality of your sleep. Ask your doctor about a diet that’s right for you.

**Record:** Update your daily journal so you have a record for your doctor (vital signs, exercises, symptoms) and prepared questions for your next visit.

**Evening Routine:** Getting a good night’s sleep is critical to your physical and emotional health. Relaxation techniques such as meditation or breathing exercises can make a difference in helping you relax and prepare for sleep.

**Prescribed Treatments:** Some patients require supplemental oxygen or medication for their shortness of breath or insomnia. Make sure you follow your doctor’s prescribed treatment to help you get the sleep you need.

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