

My Journal

Staying Organized

Bring this treatment journal with you on your appointments. It's designed to help support you as you begin your treatment journey. Inside, you'll find resources to help you stay organized and talk to your healthcare team, including:

- An infusion-day checklist that can help you prepare for every infusion
- Customizable calendars to help track your appointments
- Space to journal about how you're feeling
- A place to write down any questions you might want to ask your healthcare team

**We hope this tool helps keep you organized
on your treatment journey**

This journal belongs to:

My healthcare team's contact information:

Name of
Oncologist





Infusion
Nurse





Social
Worker





Preparing For Infusions

There are a few tips to keep in mind to ensure you're ready for an infusion:



It may help to drink plenty of water the day before an infusion and have a healthy breakfast the morning of. Consider bringing a snack and drink with you to your appointment, but check with the facility first.



Infusions can last several hours, so make sure you've set aside enough time for your appointment.



Consider arranging transportation to and from the infusion center. You may receive medicines before your infusion that can make you drowsy. If you want to make these arrangements and need help doing so, reach out to your support network.



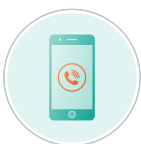
Loose clothing can help keep you comfortable in the infusion room and allow your healthcare team to access the infusion site easily. Bring a pillow and blanket for extra comfort.



Bring a puzzle, game, or book—something to help pass the time during your infusion.



Pay close attention to how you feel during an infusion, and make sure you let your healthcare team know if you experience any discomfort—they know how to help.























Feeling unsure about your infusion? Call your healthcare team. They can help to answer any questions that you may have along the way.

Treatment Journey Tracker

Treatment journey tracker

It may be helpful to get organized, even beyond treatment. Fill out this calendar to keep track of infusions, appointments, and anything else you need to stay organized.




MONTH: _____

Sunday	Monday	Tuesday	Wednesday
			
			
			
			
			



JOIN THE COMMUNITY





















LUNgevity Foundation's Lung Cancer Support Community is the largest online lung cancer support network. Visit LUNgevity.org by scanning the QR code.

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Treatment journey tracker



















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Sunday	Monday	Tuesday	Wednesday
			
			
			
			
			

**DID YOU
KNOW**

Complementary treatments can help relieve symptoms when combined with your treatment. Talk to your healthcare team about what complementary treatments could be right for you.

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Treatment journey tracker




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**EXPRESS
YOURSELF!**





















Tell your healthcare team about any new or worsening symptoms you have. There may be ways to help you feel better. There may also be ways to prevent some side effects.


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Treatment journey tracker

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TIP





















Asking your healthcare team questions is important to getting the information you need to help make informed decisions.

			How are you feeling?			
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			31	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Treatment journey tracker




It may be helpful to get organized, even beyond treatment. Fill out this calendar to keep track of infusions, appointments, and anything else you need to stay organized.

MONTH: _____

Sunday	Monday	Tuesday	Wednesday
			
			
			
			
			

**PRACTICE
MINDFULNESS**





















Meditation may reduce stress and improve quality of life for people living with cancer.

			How are you feeling?			
Thursday	Friday	Saturday				
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Treatment journey tracker

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MONTH: _____

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FIND HEALTHY RECIPES!

The American Cancer Society has published several recipe books for people living with cancer. Scan the QR code to learn more.

			How are you feeling?			
Thursday	Friday	Saturday				
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