

MY CKD JOURNAL

"In any moment of decision, the best thing you can do is the right thing, the next best thing is the wrong thing, and the worst thing you can do is nothing."

– Theodore Roosevelt



Welcome to your chronic kidney disease (CKD) journal

This notebook is designed to be a resource that you can use during your treatment journey. Inside, you'll find tools and information to support you as you work to lower your phosphorus levels.

- About me
 - Contact information for your healthcare team
 - Goals, medications, and additional important information
- Managing my diet
 - Questions to ask your dietitian
 - Grocery lists and helpful websites
- My health tracker
 - A weekly health tracker of water and food intake
 - Fun and educational information
- My journal
 - A section to write down notes and additional information

This information does not take the place of talking to your healthcare provider about your medical condition or treatment.

This journal belongs to:



About me

In this section, you can keep track of important details related to your healthcare, including contact information for your care team. You can also use this space to keep track of your medications, doctor appointments, phosphorus levels, and goals.



Color me!

Coloring can help you focus your attention on the present moment, and away from stressors that may be bothering you. Color the image below when you need a mental break.



My healthcare team

It's important to talk to your healthcare team and be involved in your treatment. Write down their contact information, so you always have it handy.

My nephrologist

Name: _____

Phone: _____

Email: _____

Address: _____

My dietitian

Name: _____

Phone: _____

Email: _____

Address: _____

My nurse

Name: _____

Phone: _____

Email: _____

Address: _____

My social worker

Name:

Phone:

Email:

Address:

My dialysis center

Name:

Phone:

Email:

Address:

My pharmacy

Name:

Phone:

Email:

Address:

My CKD friends

Connect with other people who are living with CKD. List their names and contact information here.

My medications

Medication is an important part of your treatment plan. Take notes about your medications or list questions for your doctor here.

My goals

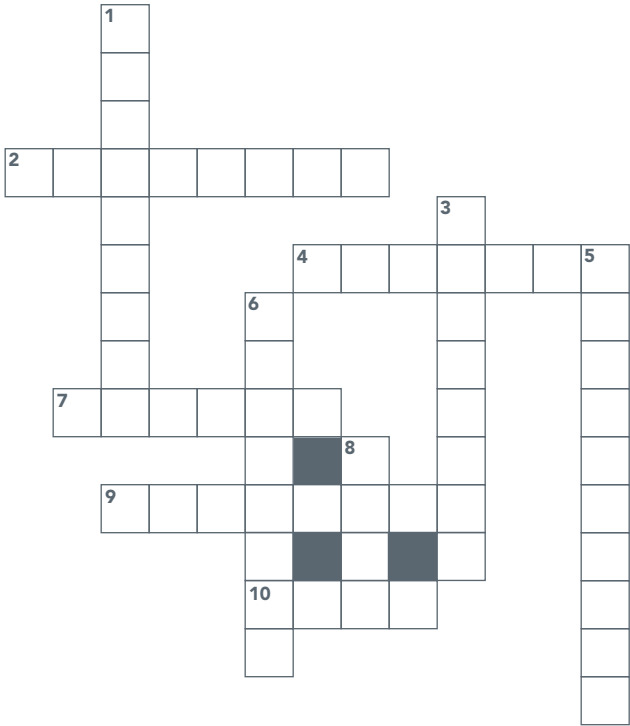
Talk to your healthcare team about your specific treatment goals. Write them down here, and review them regularly with your care team to check your progress.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Included in this section are ways to stay on top of your treatment, such as questions to ask your dietitian, a kidney-friendly grocery list example, and suggested food recipes.

The health and wellness crossword puzzle

Using the clues provided, find the words that fit best and complete the crossword puzzle.



Down

- 1. Personal habits or behaviors related to the way a person lives
- 3. A state of good health achieved by balancing your physical, emotional, mental, and social needs
- 5. Confidence in one's own worth or abilities
- 6. The way in which you act, think, or feel, that causes you to make certain choices
- 8. To manage your stress through different ways that make you feel better

Across

- 2. If done at the park, gym, or home, this activity relieves stress and is good for you
- 4. These are the familiar people in our life that help us cope with the stressful times because they know us well and listen
- 7. The condition of your physical, emotional, mental, and social well-being
- 9. The way in which you express your feelings
- 10. The foods and drinks you choose to eat

See answers on last page

Ask your dietitian

Below is a list of potential questions to ask your dietitian. Write down your dietitian's answers in the lines provided below each question. That way, you can refer back to them whenever you need to.

- 1. What should my most important dietary goals be?

- 2. What food and drink changes are most important for me to focus on?

- 3. How do I keep my diet interesting and incorporate my favorite foods?

- 4. What kinds of snacks or on-the-go foods can I eat?

Ask your dietitian

How can I stick to my diet at restaurants?

Do I need to limit my fluid intake? Should I limit certain beverages?

How can I track my food intake?

How does having hyperphosphatemia change what I should eat?

If I work with my care team and get my phosphorus levels under control, can I be more flexible with my diet? _____

Ask your dietitian

Use this section to write down your own personal health questions for your dietitian.

Ask your dietitian

What other questions do you have? _____

Choose kidney diet foods

Kidney diet foods

Your diet is an important part of your treatment plan. Your healthcare team will help you understand how your diet affects your kidneys, and how you can make good choices. Changing what you eat and drink may be hard at first, but it will become easier with time.

What is a kidney diet?

A kidney diet is a list of foods and beverages for people with CKD on dialysis that limits the amount of phosphorus, potassium, sodium, and liquid consumed. Following a kidney diet can help minimize the waste build-up in the blood and may help you feel better. A kidney diet emphasizes high-quality protein and natural foods.

Choosing kidney diet foods

Choosing foods that are low in phosphorus is an important part of any kidney diet. That's because the kidneys of people with CKD have a hard time removing extra phosphorus from the body. Too much phosphorus can lead to weak bones, muscle aches, and hardened blood vessels. Limiting the amount of phosphorus you get from food and drink may help improve your lab values and prevent other health issues.

FOODS TO AVOID

High-potassium foods

- Certain fruits, such as bananas, melons, and oranges
- Some vegetables, like potatoes, asparagus, and beets
- Dried beans
- Chips, chocolate, and milk

High-phosphorus foods

- Milk, cheese, and yogurt
- Whole wheat bread, bran cereals
- Packaged foods
- Processed meats
- Restaurant meals
- Fast foods

High-sodium foods

- Most canned foods
- Frozen dinners
- Fast food
- Salted snacks (pretzels)
- Salty seasonings, like soy sauce, bouillon, or onion salt
- Processed meats, like bacon and hot dogs

My food shopping list

The grocery store can feel overwhelming when you're on a kidney diet. This shopping list can help you feel more in control of your diet and help you make good choices about what to eat and drink.

The following examples are meant to be general guidelines for people living with CKD. Be sure to work with your dietitian to create a personalized food plan, and review ingredient lists on food labels.

MEAT AND EGGS

- ☐ Eggs and egg substitutes
- ☐ Chicken breast (skinless, boneless)
- ☐ Lean ground beef

- ☐ Tuna (canned in water)
- ☐ Pork loin
- ☐ Salmon
- ☐ Turkey

VEGETABLES & LEGUMES

- ☐ Green beans
- ☐ Carrots
- ☐ Lettuce
- ☐ Broccoli
- ☐ Peas

- ☐ Cauliflower
- ☐ Kale
- ☐ Mushrooms
- ☐ Spinach
- ☐ Peppers

FRUITS

- ☐ Apples
- ☐ Blueberries
- ☐ Grapes
- ☐ Strawberries
- ☐ Cherries
- ☐ Peaches
- ☐ Plums

- ☐ Raspberries
- ☐ Tangerines
- ☐ Lemons
- ☐ Limes
- ☐ Mandarin oranges
- ☐ Pineapples
- ☐ Blackberries

My food shopping list

BREADS/CEREALS/GRAINS

- ☐ Bread (white, rye)
- ☐ Pasta
- ☐ Cereal (puffed rice, puffed corn, crispy rice, corn flakes)

- ☐ Rice (brown, basmati, jasmine)
- ☐ Oatmeal or cream of wheat
- ☐ English muffins
- ☐ Pita bread

DAIRY & DAIRY SUBSTITUTES

- ☐ Nondairy creamers
- ☐ Whipped topping
- ☐ Nondairy frozen desserts
- ☐ Rice milk
- ☐ Plain yogurt

- ☐ Cream (half & half)
- ☐ Cream cheese (regular, light)
- ☐ Cottage cheese (nonfat, low salt)
- ☐ Sour cream

BEVERAGES

- ☐ Water
- ☐ Light-colored soda (7UP®, Sprite®, ginger ale)
- ☐ Tea

- ☐ Fruit juice (grape, apple, or cranberry)
- ☐ Coffee
- ☐ Fruit punch

SNACKS & SWEETS

- ☐ Sherbet
- ☐ Animal crackers
- ☐ Graham crackers
- ☐ Candy corn

- ☐ Jellybeans
- ☐ Lollipops and hard candy
- ☐ Cookies (ginger snaps, sugar, shortbread)

MISCELLANEOUS (use sparingly)

- ☐ Butter
- ☐ Margarine
- ☐ Mayonnaise or mayonnaise alternative

- ☐ Jelly/jam
- ☐ Vegetable oils
- ☐ Salad dressings (low sodium)

[illegible]

Helpful websites

Your diet and nutrition are key elements of your overall treatment plan. The resources below can help you find kidney-friendly recipes, as well as other support information and tools for living with CKD.

- **American Association of Kidney Patients**
aakp.org/center-for-patient-research-and-education/kidney-friendly-recipes
- **American Diabetes Association® – Diabetes Food Hub™**
diabetesfoodhub.org/articles/new-recipes-to-help-manage-kidney-disease.htm
- **American Kidney Fund® – KidneyKitchen®**
kitchen.kidneyfund.org/find-recipes
- **DaVita® Kidney Care**
davita.com/diet-nutrition/recipes
- **National Kidney Foundation®**
kidney.org/recipes
- **Renal Support Network**
rsnhope.org/renal-recipes-kidney-friendly

Your diet and nutrition are key elements of your overall treatment plan. The resources below can help you find kidney-friendly recipes, as well as other support information and tools for living with CKD.

- **American Association of Kidney Patients**
aakp.org/center-for-patient-research-and-education/kidney-friendly-recipes
- **American Diabetes Association® – Diabetes Food Hub™**
diabetesfoodhub.org/articles/new-recipes-to-help-manage-kidney-disease.html
- **American Kidney Fund® – KidneyKitchen®**
kitchen.kidneyfund.org/find-recipes
- **DaVita® Kidney Care**
davita.com/diet-nutrition/recipes
- **National Kidney Foundation®**
kidney.org/recipes
- **Renal Support Network**
rsnhope.org/renal-recipes-kidney-friendly

Notes



My health tracker

When you have CKD, you should follow a kidney-friendly meal plan. You can use this section to track everything you eat and drink. You'll also find fun activities to complete during your dialysis treatments, as well as helpful charts to track your medications, water intake, and more.



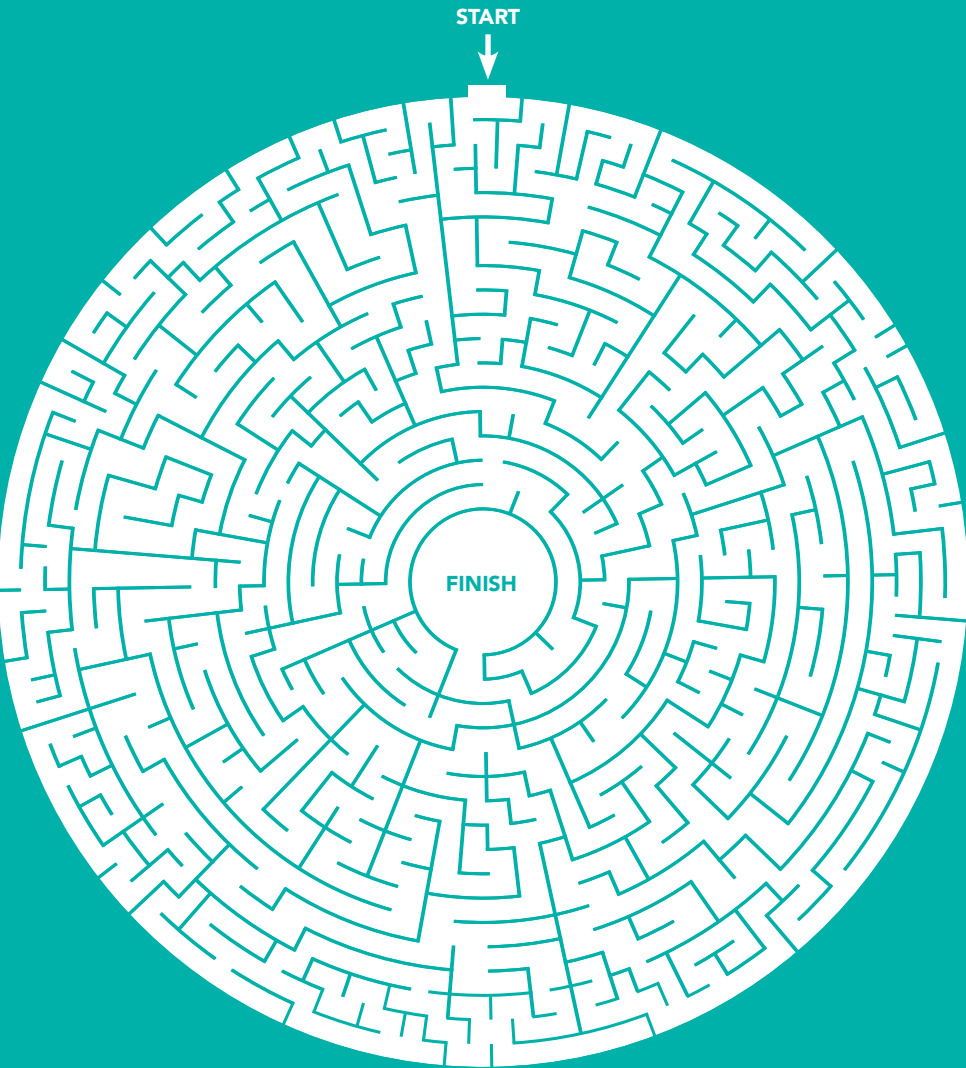
Week 1

**“Faith is taking the first step even when
you don’t see the whole staircase.”**

– Martin Luther King Jr.

Mystery twist maze

Start on the outer edge of the maze and make your way to the center.



See answer on last page

Tracking your daily meals can help you stay on track with your CKD diet. When choosing meals, aim for fresh, unprocessed foods when possible.

Daily water (cups)



My meals and snacks	Medication
Breakfast _____ _____ _____	<input type="checkbox"/>
Lunch _____ _____ _____	<input type="checkbox"/>
Dinner _____ _____ _____	<input type="checkbox"/>
Snacks _____ _____ _____ _____ _____	

How am I feeling today?	My mood
_____ _____	

Tracking your daily meals can help you stay on track with your CKD diet. When choosing meals, aim for fresh, unprocessed foods when possible.

Daily water (cups)

My meals and snacks	Medication
Breakfast	<input type="checkbox"/>
Lunch	<input type="checkbox"/>
Dinner	<input type="checkbox"/>
Snacks	

How am I feeling today?	My mood
	<div></div>

Tracking your daily meals can help you stay on track with your CKD diet. When choosing meals, aim for fresh, unprocessed foods when possible.

Daily water (cups)

My meals and snacks	Medication
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Lunch	<input type="checkbox"/>
Dinner	<input type="checkbox"/>
Snacks	

How am I feeling today?	My mood
	<div></div>

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My meals and snacks	Medication
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Lunch	<input type="checkbox"/>
Dinner	<input type="checkbox"/>
Snacks	

How am I feeling today?	My mood
	<div></div>

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Daily water (cups)

My meals and snacks	Medication
Breakfast	<input type="checkbox"/>
Lunch	<input type="checkbox"/>
Dinner	<input type="checkbox"/>
Snacks	

How am I feeling today?	My mood
	<div></div>

Tracking your daily meals can help you stay on track with your CKD diet. When choosing meals, aim for fresh, unprocessed foods when possible.

Daily water (cups)

My meals and snacks	Medication
Breakfast	<input type="checkbox"/>
Lunch	<input type="checkbox"/>
Dinner	<input type="checkbox"/>
Snacks	

How am I feeling today?	My mood
	<div></div>

Tracking your daily meals can help you stay on track with your CKD diet. When choosing meals, aim for fresh, unprocessed foods when possible.

Daily water (cups)

My meals and snacks	Medication
Breakfast	<input type="checkbox"/>
Lunch	<input type="checkbox"/>
Dinner	<input type="checkbox"/>
Snacks	

How am I feeling today?	My mood
	<div></div>

Notes

Week 2

“Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.”

– Marie Curie

Color me!

Coloring can help you focus your attention on the present moment, and away from stressors that may be bothering you. Color the image below when you need a mental break.



My health tracker: Week 2, Day 1

Date

Tracking your daily meals can help you stay on track with your CKD diet. When choosing meals, aim for fresh, unprocessed foods when possible.

Daily water (cups)



My meals and snacks		Medication
Breakfast _____		<input type="checkbox"/>

Lunch _____		<input type="checkbox"/>

Dinner _____		<input type="checkbox"/>

Snacks _____		

How am I feeling today?	My mood

My health tracker: Week 2, Day 2

Date

Tracking your daily meals can help you stay on track with your CKD diet. When choosing meals, aim for fresh, unprocessed foods when possible.

Daily water (cups)



My meals and snacks

Medication

Breakfast

☐

Lunch

☐

Dinner

☐

Snacks

How am I feeling today?

My mood



My health tracker: Week 2, Day 3

Date

Tracking your daily meals can help you stay on track with your CKD diet. When choosing meals, aim for fresh, unprocessed foods when possible.

Daily water (cups)



My meals and snacks

Medication

Breakfast

☐

Lunch

☐

Dinner

☐

Snacks

How am I feeling today?

My mood




Tracking your daily meals can help you stay on track with your CKD diet. When choosing meals, aim for fresh, unprocessed foods when possible.

Daily water (cups)



My meals and snacks	Medication
Breakfast	<input type="checkbox"/>
<hr/> <hr/>	
Lunch	<input type="checkbox"/>
<hr/> <hr/>	
Dinner	<input type="checkbox"/>
<hr/> <hr/>	
Snacks	
<hr/> <hr/> <hr/> <hr/>	


How am I feeling today?	My mood
<hr/> <hr/>	

Tracking your daily meals can help you stay on track with your CKD diet. When choosing meals, aim for fresh, unprocessed foods when possible.

Daily water (cups)



My meals and snacks	Medication
Breakfast	<input type="checkbox"/>
<hr/> <hr/>	
Lunch	<input type="checkbox"/>
<hr/> <hr/>	
Dinner	<input type="checkbox"/>
<hr/> <hr/>	
Snacks	
<hr/> <hr/> <hr/> <hr/>	


How am I feeling today?	My mood
<hr/> <hr/>	

Tracking your daily meals can help you stay on track with your CKD diet. When choosing meals, aim for fresh, unprocessed foods when possible.

Daily water (cups)



My meals and snacks	Medication
Breakfast	<input type="checkbox"/>
<hr/> <hr/>	
Lunch	<input type="checkbox"/>
<hr/> <hr/>	
Dinner	<input type="checkbox"/>
<hr/> <hr/>	
Snacks	
<hr/> <hr/> <hr/> <hr/>	


How am I feeling today?	My mood
<hr/> <hr/>	

Tracking your daily meals can help you stay on track with your CKD diet. When choosing meals, aim for fresh, unprocessed foods when possible.

Daily water (cups)



My meals and snacks	Medication
Breakfast	<input type="checkbox"/>
<hr/> <hr/>	
Lunch	<input type="checkbox"/>
<hr/> <hr/>	
Dinner	<input type="checkbox"/>
<hr/> <hr/>	
Snacks	
<hr/> <hr/> <hr/> <hr/>	

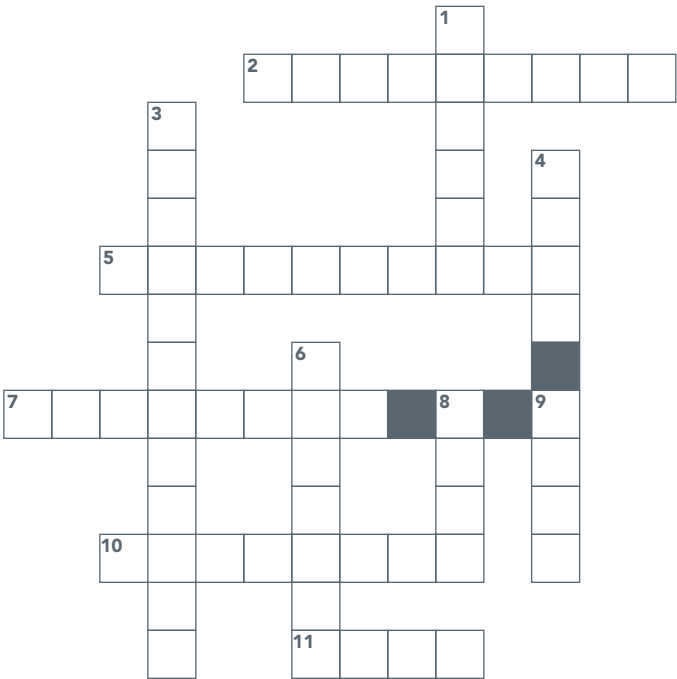
How am I feeling today?	My mood
<hr/> <hr/>	

**"I did then what I knew how to do.
Now that I know better, I do better."**

– Maya Angelou

The CKD crossword puzzle

Using the clues provided, find the words that fit best and complete the crossword puzzle.



Down

- 1. Healthy kidneys _____ your blood 24/7
- 3. A doctor who specializes in treating people with kidney disease
- 4. Kidneys are about the size of your _____
- 6. These organs help keep your body systems in balance. Among other things, they remove waste and extra fluid from your body
- 8. A good source of high-quality protein
- 9. High phosphorus levels can sometimes cause your skin to _____

Across

- 2. This person is on your healthcare team and can help you plan healthy, nutritious meals
- 5. When you have CKD, your kidneys cannot remove _____ on their own due to damage
- 7. Treatment for kidney failure that helps your kidneys filter blood when they can no longer do so on their own
- 10. A disease in which your body cannot make enough insulin or use it well. It is a leading cause of kidney disease
- 11. Eating less of this can help control blood pressure and reduce swelling in your body

See answers on last page

My health tracker: Week 3, Day 1

Date

Tracking your daily meals can help you stay on track with your CKD diet. When choosing meals, aim for fresh, unprocessed foods when possible.

Daily water (cups)



My meals and snacks

Medication

Breakfast _____	<input type="checkbox"/>

Lunch _____	<input type="checkbox"/>

Dinner _____	<input type="checkbox"/>

Snacks _____	

How am I feeling today?


My mood

Tracking your daily meals can help you stay on track with your CKD diet. When choosing meals, aim for fresh, unprocessed foods when possible.

Daily water (cups)



My meals and snacks	Medication
Breakfast	<input type="checkbox"/>
Lunch	<input type="checkbox"/>
Dinner	<input type="checkbox"/>
Snacks	


How am I feeling today?	My mood
	

Tracking your daily meals can help you stay on track with your CKD diet. When choosing meals, aim for fresh, unprocessed foods when possible.

Daily water (cups)



My meals and snacks	Medication
Breakfast	<input type="checkbox"/>
Lunch	<input type="checkbox"/>
Dinner	<input type="checkbox"/>
Snacks	

How am I feeling today?	My mood
	

My health tracker: Week 3, Day 4

Date

Tracking your daily meals can help you stay on track with your CKD diet. When choosing meals, aim for fresh, unprocessed foods when possible.

Daily water (cups)



My meals and snacks	Medication
Breakfast	<input type="checkbox"/>
Lunch	<input type="checkbox"/>
Dinner	<input type="checkbox"/>
Snacks	

How am I feeling today?

My mood



My health tracker: Week 3, Day 5

Date

Tracking your daily meals can help you stay on track with your CKD diet. When choosing meals, aim for fresh, unprocessed foods when possible.

Daily water (cups)



My meals and snacks	Medication
Breakfast	<input type="checkbox"/>
Lunch	<input type="checkbox"/>
Dinner	<input type="checkbox"/>
Snacks	

How am I feeling today?

My mood




Tracking your daily meals can help you stay on track with your CKD diet. When choosing meals, aim for fresh, unprocessed foods when possible.

Daily water (cups)



My meals and snacks	Medication
Breakfast	<input type="checkbox"/>
Lunch	<input type="checkbox"/>
Dinner	<input type="checkbox"/>
Snacks	


How am I feeling today?	My mood
	

Tracking your daily meals can help you stay on track with your CKD diet. When choosing meals, aim for fresh, unprocessed foods when possible.

Daily water (cups)



My meals and snacks	Medication
Breakfast	<input type="checkbox"/>
Lunch	<input type="checkbox"/>
Dinner	<input type="checkbox"/>
Snacks	

How am I feeling today?	My mood
	

**“Start by doing what is necessary,
then what is possible, and suddenly,
you are doing the impossible.”**

– St Francis of Assisi

Color me!

Coloring can help you focus your attention on the present moment, and away from stressors that may be bothering you. Color the image below when you need a mental break.



My health tracker: Week 4, Day 1

Date

Tracking your daily meals can help you stay on track with your CKD diet. When choosing meals, aim for fresh, unprocessed foods when possible.

Daily water (cups)

My meals and snacks		Medication
Breakfast		<input type="checkbox"/>
Lunch		<input type="checkbox"/>
Dinner		<input type="checkbox"/>
Snacks		

How am I feeling today?	My mood
	<div></div>

My health tracker: Week 4, Day 2

Date

Tracking your daily meals can help you stay on track with your CKD diet. When choosing meals, aim for fresh, unprocessed foods when possible.

Daily water (cups)



My meals and snacks	Medication
Breakfast	<input type="checkbox"/>
Lunch	<input type="checkbox"/>
Dinner	<input type="checkbox"/>
Snacks	

How am I feeling today?

My mood



My health tracker: Week 4, Day 3

Date

Tracking your daily meals can help you stay on track with your CKD diet. When choosing meals, aim for fresh, unprocessed foods when possible.

Daily water (cups)



My meals and snacks	Medication
Breakfast	<input type="checkbox"/>
Lunch	<input type="checkbox"/>
Dinner	<input type="checkbox"/>
Snacks	

How am I feeling today?

My mood



Tracking your daily meals can help you stay on track with your CKD diet. When choosing meals, aim for fresh, unprocessed foods when possible.

Daily water (cups)

My meals and snacks	Medication
Breakfast	<input type="checkbox"/>
Lunch	<input type="checkbox"/>
Dinner	<input type="checkbox"/>
Snacks	

How am I feeling today?

My mood

Tracking your daily meals can help you stay on track with your CKD diet. When choosing meals, aim for fresh, unprocessed foods when possible.

Daily water (cups)

My meals and snacks	Medication
Breakfast	<input type="checkbox"/>
Lunch	<input type="checkbox"/>
Dinner	<input type="checkbox"/>
Snacks	

How am I feeling today?


My mood

Tracking your daily meals can help you stay on track with your CKD diet. When choosing meals, aim for fresh, unprocessed foods when possible.

Daily water (cups)



My meals and snacks	Medication
Breakfast	<input type="checkbox"/>
Lunch	<input type="checkbox"/>
Dinner	<input type="checkbox"/>
Snacks	


How am I feeling today?	My mood
	

Tracking your daily meals can help you stay on track with your CKD diet. When choosing meals, aim for fresh, unprocessed foods when possible.

Daily water (cups)



My meals and snacks	Medication
Breakfast	<input type="checkbox"/>
Lunch	<input type="checkbox"/>
Dinner	<input type="checkbox"/>
Snacks	

How am I feeling today?	My mood
	

Notes

Week 5

**"It always seems impossible
until it's done."**

– Nelson Mandela

The kidney-friendly food word finder

Circle or highlight the words. Words can be found in straight lines forwards, backwards, up, down, or diagonally.

L A S P A R A G U S R G K X X K J D D P P L Q L M A T
S E H C A E P G I R O Q P Y Z X L C I D C W R I S Y N
B C Z L Y Q R S M B K L N Y A I G N Y A R Q N F Q E G
I W S V Y A S E E O O F B F U R E I B R W I K Y N L A
L X M Y P W B E B C G Z N D O A S B H U H Q N I N H D
O D A E R B H L I Z I B A W P H A L V C W S R B C C S
C R S S O B X D C R V R L P Y G D N C V E A A X E A Y
C P M J A J N M B T R B L D E Y J U T I G S L Y E N E
O D X E O F I S H A R E Y Y L C Z S R R P X B G L I T
R N D M C E B M E W G O B E O A J R A N S V B E V P O
B V T E H L P F L D X E T P O G E M W O E M N F L S E
U T O K Q A I O A M A S L N S B U C Y I U V E G S C K
T A F O L K N R P Q E N I S K A A R H A N X C L B G P
H R U F K P E H P H T U O C S X R Q T E D T U B R X M
E U W C T T S S F U Q D A M X U N M W R E E A F A X M
G C X F T J Z M D M G L X J E Y C O R N X S S T S Z M
Y F U U S D D Q O L B X I D E L E N D C P P E O S X G
Z R B T O K S X P O Z B L Y W S P J I F J A L D E D H
J B T I T N B P S K R C Z Z E F X S F N N I P Q H A M
E D Q S B E Z S H K U H W J Y O J L U C X Y P B S J B
M I D M Z O L K Z A S J S N A E M S E A V O A I I C N
W Z A E E F F O C P F O P U Z S K C Q R S H R K D E E
J L K C T U P E U M G G A H M W K R V R E G M I A M L
X V K U E P A O Y G F U L F X L U E U O V V G S R W V
H P I I R G R J R L O O S Q E L J V R T M W W E A N W
M I L X D C A H U K S M K H E B I M F S P K X N X Y Z
D G V B N G A R F X L M X S T R A W B E R R I E S Y I

Find the words

- Carrots
 - Corn
 - Broccoli
 - Applesauce
 - Asparagus
 - Eggs
 - Turkey
- Fish
 - Zucchini
 - Blackberries
 - Pineapple
 - Strawberries
 - Quinoa
 - Rice
- Raspberries
 - Peaches
 - Kale
 - Lettuce
 - Radishes
 - Lamb
 - Tofu
- Coffee
 - Lemonade
 - Tea
 - Yogurt
 - Pork
 - Cheese
 - Bagels
- Mushrooms
 - Spinach
 - Grapes
 - Margarine
 - Butter
 - Bread
 - Cabbage

See answers on last page

My health tracker: Week 5, Day 1

Date

Tracking your daily meals can help you stay on track with your CKD diet. When choosing meals, aim for fresh, unprocessed foods when possible.

Daily water (cups)



My meals and snacks	Medication
Breakfast _____ _____ _____	<input type="checkbox"/>
Lunch _____ _____ _____	<input type="checkbox"/>
Dinner _____ _____ _____	<input type="checkbox"/>
Snacks _____ _____ _____ _____ _____	


How am I feeling today?	My mood
_____ _____	

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Daily water (cups)



My meals and snacks	Medication
Breakfast	<input type="checkbox"/>
Lunch	<input type="checkbox"/>
Dinner	<input type="checkbox"/>
Snacks	


How am I feeling today?	My mood
	

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Daily water (cups)



My meals and snacks	Medication
Breakfast	<input type="checkbox"/>
Lunch	<input type="checkbox"/>
Dinner	<input type="checkbox"/>
Snacks	

How am I feeling today?	My mood
	

Tracking your daily meals can help you stay on track with your CKD diet. When choosing meals, aim for fresh, unprocessed foods when possible.

Daily water (cups)

My meals and snacks	Medication
Breakfast	<input type="checkbox"/>
Lunch	<input type="checkbox"/>
Dinner	<input type="checkbox"/>
Snacks	

How am I feeling today?	My mood
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<hr/> <hr/>	
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<hr/> <hr/>	
Dinner	<input type="checkbox"/>
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Snacks	
<hr/> <hr/> <hr/> <hr/>	


How am I feeling today?	My mood
<hr/> <hr/>	

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<hr/> <hr/>	
Dinner	<input type="checkbox"/>
<hr/> <hr/>	
Snacks	
<hr/> <hr/> <hr/> <hr/>	

How am I feeling today?	My mood
<hr/> <hr/>	

"The most difficult thing is the decision to act. The rest is merely tenacity."

– Amelia Earhart

Color me!

Coloring can help you focus your attention on the present moment, and away from stressors that may be bothering you. Color the image below when you need a mental break.



My health tracker: Week 6, Day 1

Date

Tracking your daily meals can help you stay on track with your CKD diet. When choosing meals, aim for fresh, unprocessed foods when possible.

Daily water (cups)



My meals and snacks

Medication

Breakfast _____

☐

Lunch _____

☐

Dinner _____

☐

Snacks _____

How am I feeling today?

My mood



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Daily water (cups)

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Lunch	<input type="checkbox"/>
Dinner	<input type="checkbox"/>
Snacks	

How am I feeling today?	My mood
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Dinner	<input type="checkbox"/>
Snacks	


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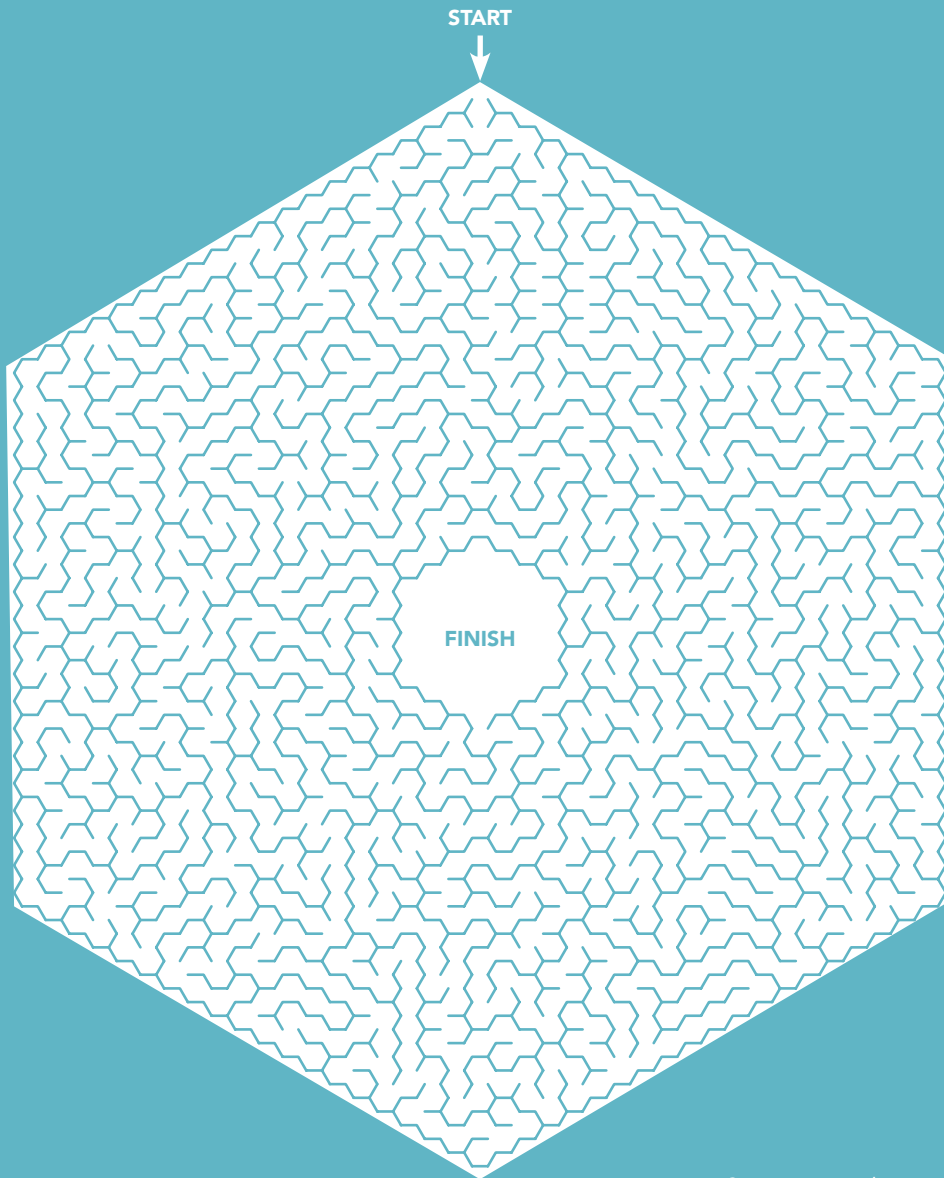
How am I feeling today?	My mood
	

[illegible]

My journal

Your emotional health is just as important as your physical health. This section allows you to write down your thoughts as you progress through your treatment. It's important to take note of your feelings during this process.

Adventure maze



Today's notes

Date

Journaling can help you clear your mind, solve problems, or work toward a goal.
Use this area to write down whatever is on your mind.

Today's notes

Date

Today's notes

Date

Today's notes

Date

Today's notes

Date

Today's notes

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Today's notes

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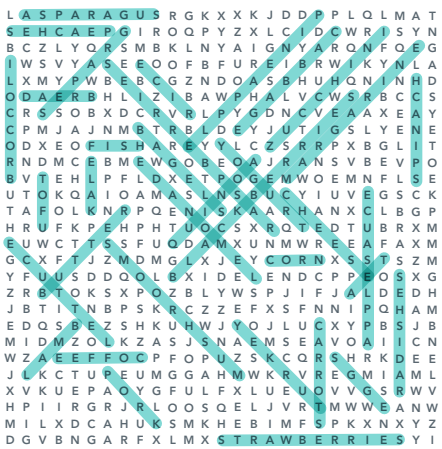
Date

Puzzle answers

Health and wellness crossword puzzle



Kidney-friendly food word finder



CKD crossword puzzle



Mazes

