



Caregiver Reflection Sheet: Walking Through Treatment Cycles

Caring for a loved one with leukemia during chemotherapy and transfusion cycles comes with emotional highs and lows. Use this sheet to reflect on your experiences, capture small victories, and hold space for both the challenges and the moments of joy.

1. Today's Feelings

How am I feeling today as a caregiver? (circle or write words)

☐ Tired ☐ Hopeful ☐ Anxious ☐ Grateful ☐ Overwhelmed ☐ Encouraged ☐ Other:

Notes: _____

2. Treatment Cycle Notes

What stage of the cycle are we in today?

- Chemo day
- Post-chemo recovery
- Transfusion day
- Post-transfusion recovery
- Waiting for counts

Notes: _____

3. Food & Appetite

How was appetite today?

☐ Good ☐ Fair ☐ Poor ☐ None

Meals that worked well today: _____

Meals that were challenging: _____

4. Small Victories

What moments brought comfort or joy today? (Examples: a smile, a clean plate, shared laughter)

5. Gratitude

List one thing I am grateful for today:

6. Looking Ahead

What is one thing I can do tomorrow to make caregiving lighter for myself and my loved one?

