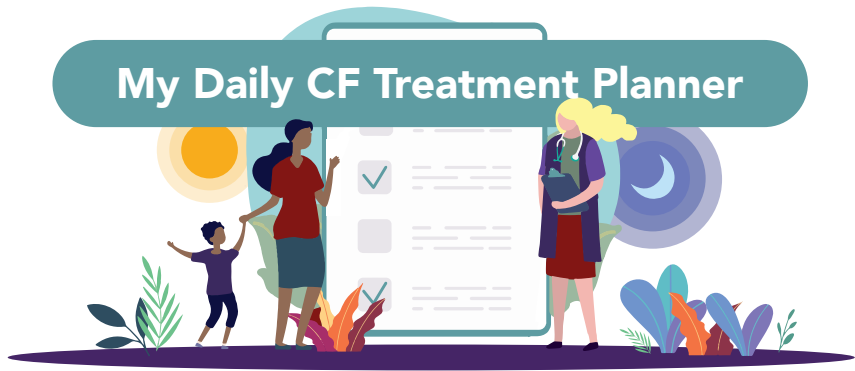


# My Daily CF Treatment Planner



Use the chart below to plan your cystic fibrosis (CF) treatments throughout the day.  
**Work with your CF care team to fill out each section.**

	Time	Dose	Frequency per day	Notes
<b>Airway Clearance Exercises</b>				
<b>Medicines</b> (antibiotics, CF treatments, inhaled medicines)				
<b>Enzymes &amp; Vitamins</b>				
<b>Other</b>				

Download extra copies of this planner at [MyCFTreatmentPlan.com](http://MyCFTreatmentPlan.com) or scan the QR code





## Tips For Customizing Your Treatment Planner — And Staying on Track

### Add in a Rest or Reward

Sticking to your treatment routine every day can start to feel a bit...routine. Try giving yourself a little extra motivation by thinking of some activities to look forward to throughout the day. It could be something as simple as watching your favorite show, phoning a friend, or finding moments of calm with meditation.



### Consider Exercise and Nutrition

Eating well and staying active are an important part of your overall health. When you're thinking about your daily schedule, work with your care team to ensure fitness and nutrition are part of the plan.

### Tips for Staying on Track

Everybody's schedule is different, but some of these tips might be right for you:



**Use a phone app** for reminders, and make appointments in your calendar for lengthier treatments



At the start of each week, check to see if any upcoming activities might interrupt your daily schedule and **come up with a plan**. For example, can any of your treatments happen at the same time as one of your activities?



**Don't get discouraged** if you run into any challenges managing your treatment routine. Talk to your care team about them, and write down how well you're feeling in a journal to stay motivated



**Schedule refills** as far in advance as you can—especially when you know you're entering a busy season—so you never miss an important treatment



Before you go to bed, **think of something positive** you achieved and make a list of your daily wins

