

My daily tracker

Use this calendar to track:

1. When you are taking XPOVIO + dexamethasone prescribed by your healthcare provider, including any anti-nausea medication required prior to and during XPOVIO treatment.
2. How many times you eat each day. It is important to eat nutritious food regularly.
3. Your fluid intake each day. It is important to stay hydrated.

Share this tracker with your healthcare provider at your follow up appointments.

Week of ____ / ____ - ____ / ____

1. When should I take my XPOVIO and dexamethasone this week?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

2. How many times did I eat today?

Sunday Food	Monday Food	Tuesday Food	Wednesday Food	Thursday Food	Friday Food	Saturday Food

3. Did I drink enough fluids today?

Sunday Fluids	Monday Fluids	Tuesday Fluids	Wednesday Fluids	Thursday Fluids	Friday Fluids	Saturday Fluids