

Timing Grid

Preparation

Date : _____

Before you arrive at the hospital	Target time	Not to forget
Waking up and getting ready	: :	Take time to have lunch, finalize your bags, prepare a snack and check your equipment list.
Preparing the contents of the cooler	: :	Allow between 30 and 45 minutes, especially for the first treatment.
Placing cold caps in the cooler	: :	At least 2 hours before the scheduled appointment time.
Leaving the house	: :	Anticipate traffic on the road.
Arrival at hospital (including time to park car)	: :	Parking is often full first thing in the morning, so allow plenty of time for parking.
Arrival at the chemotherapy waiting room	: :	You may need 10 to 15 minutes to get to the chemotherapy room.
Place the first cap on your head to begin the 50-minute pre-cooling period, before starting the first chemotherapy infusion	: :	Take into account the waiting time before you are called to the chemotherapy room. Plan to take the first cold cap out at least 20 minutes before the scheduled appointment time, so that it is at the right temperature.

Start of first chemotherapy infusion	: :
End of last chemotherapy infusion	: :

Installation and cold cap changeover

Actions	Cold cap #	Time of cold cap removal from cooler (h:m)	Cold cap installation time (h:m)	Cold cap removal time (h:m)
Pre-cooling: Fitting the first cold cap to head	1	:	:	:
Pre-cooling: Cold cap changeover – 20 min.	2	:	:	:
Pre-cooling: Cold cap changeover – 20 min.	3	:	:	:
Cold cap changeover – 25 min.	1	:	:	:
Cold cap changeover – 25 min.	2	:	:	:
Cold cap changeover – 25 min.	3	:	:	:
Cold cap changeover – 25 min.	1	:	:	:
Cold cap changeover – 25 min.	2	:	:	:
Cold cap changeover – 25 min.	3	:	:	:
Cold cap changeover – 25 min.	1	:	:	:
Cold cap changeover – 25 min.	2	:	:	:
Cold cap changeover – 25 min.	3	:	:	:
Cold cap changeover – 25 min.	1	:	:	:
Cold cap changeover – 25 min.	2	:	:	:
Cold cap changeover – 25 min.	3	:	:	:
Cold cap changeover – 25 min.	1	:	:	:
Cold cap changeover – 25 min.	2	:	:	:
Cold cap changeover – 25 min.	3	:	:	:
Cold cap changeover – 25 min.	1	:	:	:
Cold cap changeover – 25 min.	2	:	:	:
Cold cap changeover – 25 min.	3	:	:	:
Cold cap changeover – 25 min.	1	:	:	:
Cold cap changeover – 25 min.	2	:	:	:
Cold cap changeover – 25 min.	3	:	:	:

Actions	Cold cap #	Time of cold cap removal from cooler (h:m)	Cold cap installation time (h:m)	Cold cap removal time (h:m)
Cold cap changeover – 25 min.	1	:	:	:
Cold cap changeover – 25 min.	2	:	:	:
Cold cap changeover – 25 min.	3	:	:	:
Cold cap changeover – 25 min.	1	:	:	:
Cold cap changeover – 25 min.	2	:	:	:
Cold cap changeover – 25 min.	3	:	:	:
Cold cap changeover – 25 min.	1	:	:	:
Cold cap changeover – 25 min.	2	:	:	:
Cold cap changeover – 25 min.	3	:	:	:
Cold cap changeover – 25 min.	1	:	:	:
Cold cap changeover – 25 min.	2	:	:	:
Cold cap changeover – 25 min.	3	:	:	:
Cold cap changeover – 25 min.	1	:	:	:
Cold cap changeover – 25 min.	2	:	:	:
Cold cap changeover – 25 min.	3	:	:	:
Cold cap changeover – 25 min.	1	:	:	:
Cold cap changeover – 25 min.	2	:	:	:
Cold cap changeover – 25 min.	3	:	:	:

Notes : _____

My notes of gratitude

Gratitude reflection is a mental exercise that involves taking a moment to recognize and express gratitude for the people, experiences, opportunities, or things that bring joy, happiness, or a sense of well-being into our lives.

What made you happy today? For whom do you express gratitude?

