

My daily tracker



Use this calendar to track:

1. When you are taking your XPOVIO® (selinexor) regimen 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 ____/____ - ____/____

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 When should I take my XPOVIO regimen this week?	Time	Time	Time	Time	Time	Time	Time
2 How many times did I eat today?	Food	Food	Food	Food	Food	Food	Food
3 How many ounces of fluids did I drink today?	Fluids	Fluids	Fluids	Fluids	Fluids	Fluids	Fluids