

TREATMENT & RECOVERY JOURNAL

Stay Organized. Track Your Progress.
Celebrate Every Victory.



A practical journal to help you organize appointments, monitor your recovery, track your progress, and stay actively engaged throughout your prostate cancer journey.



STAY ORGANIZED

Keep all your important information in one place.



TRACK YOUR PROGRESS

Monitor your treatment, recovery, and daily wins.



SUPPORT YOUR WELL-BEING

Focus on your physical, emotional, and mental health.



CELEBRATE VICTORIES

Recognize progress and every step forward.



EMPOWER YOUR JOURNEY

Take an active role in your care and your future.



Your Health. Your Life. Your Future.

WE'RE HERE WITH YOU.

WELCOME

This journal belongs to your journey.

No two prostate cancer journeys are the same.
Some days will feel encouraging.
Others may feel overwhelming.

This journal was created to help you
stay organized, recognize your progress,
and remember that every step
forward matters.



USE THESE PAGES TO:



Track appointments



Record medications



Monitor your recovery



Celebrate victories



Reflect on your progress



Stay connected to your
healthcare team



REMEMBER

Recovery isn't about perfection.

It's about progress.

Take one day at a time.



Every appointment. Every conversation.
Every victory. They all matter.



THIS JOURNAL BELONGS TO:

DATE STARTED: _____



MY GOAL:



Small steps.
Daily choices.
Stronger you.

You've got this.

A PERSONAL MESSAGE

FROM CURT



“

Knowledge is powerful, but conversations change lives.

Sometimes the most important question we can ask is also the simplest:
“How are you doing?”

When I was diagnosed with prostate cancer, I quickly realized that the physical battle was only part of the journey.

There were questions, fears, difficult conversations, and moments when I wished someone had simply helped me understand what to expect.

That’s one of the reasons Curt Cares exists.

This guide was created to educate, encourage, and empower you with practical information while reminding you that you don’t have to face this journey alone.

Whether you’re learning about prostate health for yourself, supporting someone you love, or simply taking steps to protect your future, I hope these pages give you confidence, hope, and a reason to start meaningful conversations.

Knowledge is powerful, but conversations change lives. Sometimes the most important question we can ask is also the simplest:

“How are you doing?”

That one conversation can lead to a screening, early detection, life-saving treatment, or the reassurance that someone is not walking through this alone.

Thank you for trusting Curt Cares to be part of your journey.

I hope this guide encourages you to ask questions, seek trusted medical advice, and share what you’ve learned with others.

Together, we can break the silence surrounding prostate cancer and help more families experience hope through awareness, education, and early detection.

Thank you for being here—and thank you for helping us make a difference, one conversation at a time.

Curtis L. Murray Jr.

Founder & Prostate Cancer Survivor
Curt Cares, Inc.



MEDICAL DISCLAIMER

Please read before using this guide.

The information in this guide is provided by Curt Cares, Inc. for educational purposes only. It is not intended to replace professional medical advice, diagnosis, or treatment.

EDUCATIONAL PURPOSE

This guide is designed to educate, inform, and encourage conversations about prostate health. It is not a substitute for care from a licensed healthcare professional.

NOT MEDICAL ADVICE

The content in this guide should not be interpreted as medical advice. Decisions about your health should be made in consultation with your healthcare provider based on your individual circumstances.

CONSULT YOUR HEALTHCARE PROVIDER

Always speak with a qualified healthcare professional about your symptoms, PSA results, screening decisions, treatment options, and overall health.

EMERGENCY SITUATIONS

If you believe you are experiencing a medical emergency, call 911 or go to the nearest emergency room immediately.

NO DOCTOR-PATIENT RELATIONSHIP

Reading this guide or using Curt Cares resources does not establish a doctor-patient relationship between you and any healthcare provider or Curt Cares, Inc.

MEDICAL INFORMATION CHANGES

Medical research, screening guidelines, and treatment recommendations evolve over time. Information in this guide is current as of the date of publication but may change. Consult current sources and your healthcare provider for the most up-to-date guidance.

EXTERNAL RESOURCES

This guide may include links to websites or resources provided by other organizations. These are offered for your convenience only. Curt Cares, Inc. does not endorse or guarantee the accuracy of third-party content.

ACCESSIBILITY

If you have questions or need help understanding any of the information in this guide, please talk with your healthcare provider or a trusted health professional.



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TREATMENT OVERVIEW

Use this page as a quick reference to keep your important health information in one place.



DIAGNOSIS _____



PSA AT DIAGNOSIS _____



GLEASON SCORE _____



STAGE _____



TREATMENT PLAN _____



CARE TEAM SUMMARY / NOTES _____



EMERGENCY CONTACT _____
Relationship: _____ Phone: _____



ALLERGIES _____



OTHER MEDICAL CONDITIONS _____



YOUR CARE TEAM

Keep track of the important people supporting you on your journey.



UROLOGIST

Name: _____

Phone: _____

Notes: _____



RADIATION ONCOLOGIST

Name: _____

Phone: _____

Notes: _____



MEDICAL ONCOLOGIST

Name: _____

Phone: _____

Notes: _____



PRIMARY CARE PROVIDER

Name: _____

Phone: _____

Notes: _____



NURSE NAVIGATOR

Name: _____

Phone: _____

Notes: _____



You are not alone.
Your care team is here to support you every step of the way.



It starts with a conversation.

YOUR HEALTH. YOUR LIFE. YOUR FUTURE. *We're here with you.*





MEDICATION & APPOINTMENT TRACKER

Staying on track with your medications and appointments helps you stay in control of your treatment and recovery.



MEDICATION TRACKER

MEDICATION	DOSE	HOW OFTEN	TIME(S) TAKEN	PURPOSE	NOTES / SIDE EFFECTS



APPOINTMENT LOG

DATE	PROVIDER / LOCATION	PURPOSE OF VISIT	NEXT STEPS / FOLLOW-UP	NOTES



UPCOMING TESTS

Check the tests your doctor has recommended.

- ☐ PSA Test
- ☐ MRI
- ☐ CT Scan
- ☐ Bone Scan
- ☐ Blood Work
- ☐ Urinalysis
- ☐ Biopsy
- ☐ Other: _____



OTHER NOTES / QUESTIONS

Write down anything you want to remember or discuss at your next appointment.



RECOVERY PROGRESS

Tracking your daily and weekly progress helps you see how far you've come and what needs attention.

“

Progress isn't always linear, but every step forward matters.



DAILY / WEEKLY TRACKER

WEEK OF: _____

AREA TO TRACK	SUN	MON	TUE	WED	THU	FRI	SAT	NOTES
PAIN LEVEL (0 = No Pain 10 = Worst)	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	_____
ENERGY LEVEL (0 = None 10 = High)	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	_____
EXERCISE (mins or activity)	_____	_____	_____	_____	_____	_____	_____	_____
SLEEP QUALITY (0 = Poor 10 = Great)	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	_____
WATER INTAKE (glasses)	_____	_____	_____	_____	_____	_____	_____	_____
MOOD (0 = Low 10 = Great)	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	_____
URINARY FUNCTION (0 = Poor 10 = Great)	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	_____
SEXUAL HEALTH (0 = Poor 10 = Great)	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	_____
SIDE EFFECTS (0 = None 10 = Severe)	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	0 1 2 3 4 5 7 9 10 ○○○○○○○	_____



TODAY'S WIN

Celebrate something positive from today, no matter how small.



NOTES & REFLECTIONS

What's working? What's challenging?
What will you focus on next?



Small steps. Daily choices. Stronger you.

| *You've got this.*



KEEP SHOWING UP
FOR YOURSELF.



SUPPORT & WELL-BEING

Recovery is about more than treatment. Your emotional, mental, and physical well-being matter every step of the way.

“

You don't have to go through this alone.
Lean on others.
You are stronger than you think.



MY SUPPORT SYSTEM

List the people who support you and how they help you.

NAME	HOW THEY SUPPORT ME



HEALTHY HABITS

Small choices today build a better tomorrow.

- ☐  EAT WELL _____
- ☐  STAY ACTIVE _____
- ☐  MANAGE STRESS _____
- ☐  GET QUALITY SLEEP _____
- ☐  STAY CONNECTED _____
- ☐  DO SOMETHING YOU ENJOY _____



MENTAL & EMOTIONAL HEALTH

Check in with yourself. How are you feeling?

Today I feel:



Great



Good



Okay



Struggling



Overwhelmed

What's on your mind?

What can help you feel better?



TODAY, I WILL...

Set 1–3 goals that support your well-being.

1. _____
2. _____
3. _____



I'M PROUD OF...

Celebrate your progress, no matter how small.



YOU ARE NOT ALONE.

Your strength, your courage, and your support system will carry you forward.

*Keep showing up — for yourself
and for those who count on you.*



**YOU MATTER.
YOU ARE STRONG.
YOU ARE LOVED.**



Your health. Your life. Your future.

We're here with you.





LOOKING AHEAD

PLANNING FOR YOUR TOMORROW

Recovery is a journey, not a finish line.
Use this space to set goals, plan for the future,
and focus on what matters most to you.

“

The best view
comes after the
hardest climb.



MY SHORT-TERM GOALS

What I want to focus on in the next
1–3 months.

1. _____
2. _____
3. _____



MY LONG-TERM GOALS

What I want to achieve in the next
6 months to 1 year.

1. _____
2. _____
3. _____



WHAT MATTERS MOST

What's truly important to me
moving forward.



MY PLAN FOR THE FUTURE

Steps I can take today to build
the future I want.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



HOW I WANT TO GIVE BACK

How I can use my experience to
help or inspire others.



WORDS TO LIVE BY

A quote, verse, or reminder that
keeps me grounded and motivated.



A FUTURE I'M LOOKING FORWARD TO

Describe a day or a moment you're excited
about in your future.



Your past does not define you.
Your future is yours to create.



*Keep believing. Keep moving forward.
Your best days are still ahead.*



**YOU ARE WORTH IT.
YOU ARE ENOUGH.
YOU ARE LOVED.**