"Who offered to help" tracker

Twenty people say "let me know if I can help." Two weeks later you can't remember who. *Log the offer. Cash it in when you need it.*

OFFERS AND FOLLOW-UPS

NAME	PHONE / EMAIL	WHAT THEY OFFERED	DATE OFFERED	DATE CASHED IN	FOLLOW-UP?

TIPS FOR ASKING

- [ ] Ask for one specific thing — "Can you bring dinner Wednesday?" beats "Can you help?"
- [ ] Match the task to the person — driving asks for car people; meals for cooks
- [ ] Don't apologize for asking. They offered.
- [ ] If they cancel, ask the next person on the list
- [ ] Send a thank-you note within the week

This sheet is for inspiration only. Always consult your medical team for guidance specific to your situation. Inspired Comforts is not a medical provider.

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