

2026 CALENDAR

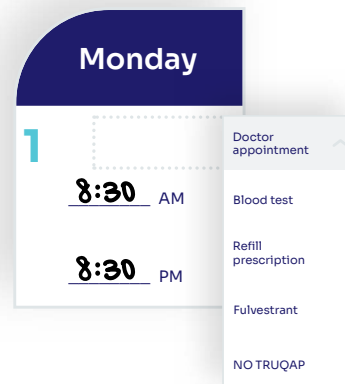
January–December

How to use this calendar



There's a lot to get used to when you start a new treatment: managing your medicine, your appointments—and, of course, your life!

We created this calendar to help with some of these challenges.



The usual dose of TRUQAP™ is 400 mg (two 200 mg TRUQAP tablets) twice daily for 4 days followed by 3 days off treatment.

Each day has 2 boxes so you remember to take 1 dose of TRUQAP in the morning and 1 in the evening (about 12 hours apart). Remember to take TRUQAP exactly as your healthcare professional tells you.

Your healthcare professional will prescribe TRUQAP in combination with another medicine called fulvestrant. Your healthcare professional will tell you how to take fulvestrant, so you can include it in the calendar as well.

This calendar could help you remember to take your medicine regularly. Please see the TRUQAP Booklet inside this Starter Kit for more information about dosing.

If you have any questions about your treatment, please talk to your healthcare professional. You can also refer to the Patient Medication Information leaflet that comes with your medicine.

January



If you search the Internet for information about your condition, make sure to choose high-quality sources such as websites hosted by Canadian cancer societies or government agencies.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
			_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM
5	6	7	8	9	10	11
_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM
12	13	14	15	16	17	18
_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM
19	20	21	22	23	24	25
_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM
26	27	28	29	30	31	
_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	



The Canadian Breast Cancer Network (CBCN) is a comprehensive resource that covers a wide range of topics.

January 2026

February



You may find that your sense of taste has changed. Here are a few tips that may help:

- Rinse your mouth before and after eating to help clear your taste buds. To rinse you can use club soda or water mixed with a bit of salt.
- Serve foods at room temperature or cold. This can help reduce strong tastes.

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
												1	_____ AM _____ PM
2	_____ AM _____ PM	3	_____ AM _____ PM	4	_____ AM _____ PM	5	_____ AM _____ PM	6	_____ AM _____ PM	7	_____ AM _____ PM	8	_____ AM _____ PM
9	_____ AM _____ PM	10	_____ AM _____ PM	11	_____ AM _____ PM	12	_____ AM _____ PM	13	_____ AM _____ PM	14	_____ AM _____ PM	15	_____ AM _____ PM
16	_____ AM _____ PM	17	_____ AM _____ PM	18	_____ AM _____ PM	19	_____ AM _____ PM	20	_____ AM _____ PM	21	_____ AM _____ PM	22	_____ AM _____ PM
23	_____ AM _____ PM	24	_____ AM _____ PM	25	_____ AM _____ PM	26	_____ AM _____ PM	27	_____ AM _____ PM	28	_____ AM _____ PM		

March



 Bring your TRUQAP Tracker to appointments with your care team to help in discussion of any side effects you may have experienced.

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
												1	_____ AM _____ PM
2	_____ AM _____ PM	3	_____ AM _____ PM	4	_____ AM _____ PM	5	_____ AM _____ PM	6	_____ AM _____ PM	7	_____ AM _____ PM	8	_____ AM _____ PM
9	_____ AM _____ PM	10	_____ AM _____ PM	11	_____ AM _____ PM	12	_____ AM _____ PM	13	_____ AM _____ PM	14	_____ AM _____ PM	15	_____ AM _____ PM
16	_____ AM _____ PM	17	_____ AM _____ PM	18	_____ AM _____ PM	19	_____ AM _____ PM	20	_____ AM _____ PM	21	_____ AM _____ PM	22	_____ AM _____ PM
23	_____ AM _____ PM	24	_____ AM _____ PM	25	_____ AM _____ PM	26	_____ AM _____ PM	27	_____ AM _____ PM	28	_____ AM _____ PM	29	_____ AM _____ PM
30	_____ AM _____ PM	31	_____ AM _____ PM										

April



Make a list of questions and take it with you to your appointments with your doctor or other member of your care team. Possibly it will take more than one visit to talk about all the questions and concerns that you have.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM
6	7	8	9	10	11	12
_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM
13	14	15	16	17	18	19
_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM
20	21	22	23	24	25	26
_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM
27	28	29	30			
_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM			

May



A healthy diet helps the body function at its best. Check with your cancer team before changing your diet.

Here are a few tips to keep your diet varied and healthy:

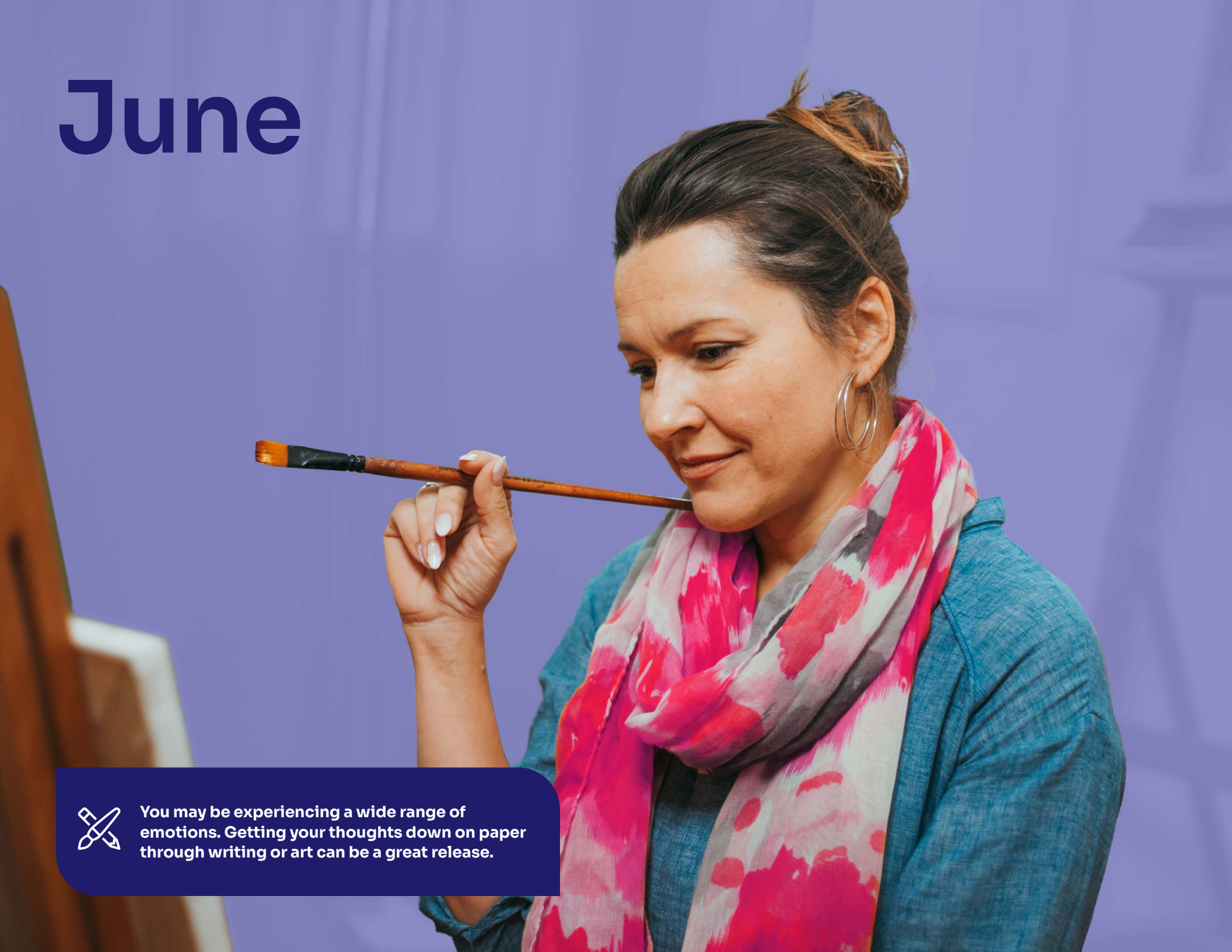
- Try new foods. Some things you did not like before might taste good during treatment.
- Try to eat a few fruits and vegetables every day.

If you find you are losing weight or have difficulty getting enough calories or protein, consider these tips:

- Instead of 3 large meals, have multiple small meals and snacks throughout the day.
- Include high-calorie, high-protein foods at each meal and snack.
- Try to drink the majority of your fluids between meals instead of with meals.

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
								1	_____ AM _____ PM	2	_____ AM _____ PM	3	_____ AM _____ PM
4	_____ AM _____ PM	5	_____ AM _____ PM	6	_____ AM _____ PM	7	_____ AM _____ PM	8	_____ AM _____ PM	9	_____ AM _____ PM	10	_____ AM _____ PM
11	_____ AM _____ PM	12	_____ AM _____ PM	13	_____ AM _____ PM	14	_____ AM _____ PM	15	_____ AM _____ PM	16	_____ AM _____ PM	17	_____ AM _____ PM
18	_____ AM _____ PM	19	_____ AM _____ PM	20	_____ AM _____ PM	21	_____ AM _____ PM	22	_____ AM _____ PM	23	_____ AM _____ PM	24	_____ AM _____ PM
25	_____ AM _____ PM	26	_____ AM _____ PM	27	_____ AM _____ PM	28	_____ AM _____ PM	29	_____ AM _____ PM	30	_____ AM _____ PM	31	_____ AM _____ PM

June



You may be experiencing a wide range of emotions. Getting your thoughts down on paper through writing or art can be a great release.

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
1	_____ AM _____ PM	2	_____ AM _____ PM	3	_____ AM _____ PM	4	_____ AM _____ PM	5	_____ AM _____ PM	6	_____ AM _____ PM	7	_____ AM _____ PM
8	_____ AM _____ PM	9	_____ AM _____ PM	10	_____ AM _____ PM	11	_____ AM _____ PM	12	_____ AM _____ PM	13	_____ AM _____ PM	14	_____ AM _____ PM
15	_____ AM _____ PM	16	_____ AM _____ PM	17	_____ AM _____ PM	18	_____ AM _____ PM	19	_____ AM _____ PM	20	_____ AM _____ PM	21	_____ AM _____ PM
22	_____ AM _____ PM	23	_____ AM _____ PM	24	_____ AM _____ PM	25	_____ AM _____ PM	26	_____ AM _____ PM	27	_____ AM _____ PM	28	_____ AM _____ PM
29	_____ AM _____ PM	30	_____ AM _____ PM										

July



Taking care of yourself may help you feel more confident and in control. Here are a few tips:

- Keep up with your regular grooming habits such as skin care and makeup even if you need to stay in bed.
- Maintain your daily dental care but check with your cancer team before going for a dental cleaning or procedure.
- Gently trim and file your nails using clean tools. Try pushing cuticles back instead of cutting them.

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
				1		2		3		4		5	
					AM		AM		AM		AM		AM
					PM		PM		PM		PM		PM
6		7		8		9		10		11		12	
	AM		AM		AM		AM		AM		AM		AM
	PM		PM		PM		PM		PM		PM		PM
13		14		15		16		17		18		19	
	AM		AM		AM		AM		AM		AM		AM
	PM		PM		PM		PM		PM		PM		PM
20		21		22		23		24		25		26	
	AM		AM		AM		AM		AM		AM		AM
	PM		PM		PM		PM		PM		PM		PM
27		28		29		30		31					
	AM		AM		AM		AM		AM				
	PM		PM		PM		PM		PM				



Explore the CBCN website for information about looking after your emotional well-being.

July 2026

August



If you feel stressed, try this simple breathing exercise to help you relax:

- 1. Take a breath and let your belly expand.
- 2. Hold the breath in for a number of seconds and then exhale slowly.
- 3. Repeat steps 1 and 2, at a slow pace.
- 4. Relax for a moment and explore how you feel.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 ____ AM ____ PM	2 ____ AM ____ PM
3 ____ AM ____ PM	4 ____ AM ____ PM	5 ____ AM ____ PM	6 ____ AM ____ PM	7 ____ AM ____ PM	8 ____ AM ____ PM	9 ____ AM ____ PM
10 ____ AM ____ PM	11 ____ AM ____ PM	12 ____ AM ____ PM	13 ____ AM ____ PM	14 ____ AM ____ PM	15 ____ AM ____ PM	16 ____ AM ____ PM
17 ____ AM ____ PM	18 ____ AM ____ PM	19 ____ AM ____ PM	20 ____ AM ____ PM	21 ____ AM ____ PM	22 ____ AM ____ PM	23 ____ AM ____ PM
24 ____ AM ____ PM	25 ____ AM ____ PM	26 ____ AM ____ PM	27 ____ AM ____ PM	28 ____ AM ____ PM	29 ____ AM ____ PM	30 ____ AM ____ PM
31 ____ AM ____ PM						

September



Here are some lifestyle tips to consider:

- Treat yourself to things you enjoy, such as a walk, favourite show, or activities like photography or mini-putt
- Go to a movie, out to a restaurant, or to a game.
- Ask for help for everyday jobs like cooking and cleaning.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 ____ AM ____ PM	2 ____ AM ____ PM	3 ____ AM ____ PM	4 ____ AM ____ PM	5 ____ AM ____ PM	6 ____ AM ____ PM
7 ____ AM ____ PM	8 ____ AM ____ PM	9 ____ AM ____ PM	10 ____ AM ____ PM	11 ____ AM ____ PM	12 ____ AM ____ PM	13 ____ AM ____ PM
14 ____ AM ____ PM	15 ____ AM ____ PM	16 ____ AM ____ PM	17 ____ AM ____ PM	18 ____ AM ____ PM	19 ____ AM ____ PM	20 ____ AM ____ PM
21 ____ AM ____ PM	22 ____ AM ____ PM	23 ____ AM ____ PM	24 ____ AM ____ PM	25 ____ AM ____ PM	26 ____ AM ____ PM	27 ____ AM ____ PM
28 ____ AM ____ PM	29 ____ AM ____ PM	30 ____ AM ____ PM				



Explore the CBCN website for information about nutrition for people with breast cancer.

October



Here are a few tips than can help you get a good night's rest:

- Go to bed at the same time each night.
- Avoid caffeine and screens close to bedtime.
- Keep your room cool and quiet.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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			_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM
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_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM
12	13	14	15	16	17	18
_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM
19	20	21	22	23	24	25
_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM
26	27	28	29	30	31	
_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	

November



If your doctor says it's okay, try gentle exercise a few times a week. Consider walking, swimming, yoga or tai chi.

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
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2	AM PM	3	AM PM	4	AM PM	5	AM PM	6	AM PM	7	AM PM	8	AM PM
9	AM PM	10	AM PM	11	AM PM	12	AM PM	13	AM PM	14	AM PM	15	AM PM
16	AM PM	17	AM PM	18	AM PM	19	AM PM	20	AM PM	21	AM PM	22	AM PM
23	AM PM	24	AM PM	25	AM PM	26	AM PM	27	AM PM	28	AM PM	29	AM PM
30	AM PM												



Explore the CBCN website for information about staying active.

November 2026

December



Having a support network of friends and family who you can call to help as needed can be very valuable. Some people are good at practical things like housework, while others are better at organizing or listening.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 ____ AM ____ PM	2 ____ AM ____ PM	3 ____ AM ____ PM	4 ____ AM ____ PM	5 ____ AM ____ PM	6 ____ AM ____ PM
7 ____ AM ____ PM	8 ____ AM ____ PM	9 ____ AM ____ PM	10 ____ AM ____ PM	11 ____ AM ____ PM	12 ____ AM ____ PM	13 ____ AM ____ PM
14 ____ AM ____ PM	15 ____ AM ____ PM	16 ____ AM ____ PM	17 ____ AM ____ PM	18 ____ AM ____ PM	19 ____ AM ____ PM	20 ____ AM ____ PM
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28 ____ AM ____ PM	29 ____ AM ____ PM	30 ____ AM ____ PM	31 ____ AM ____ PM			



Important phone numbers

	Name	Phone
Oncologist		
Nurse		
Pharmacy		