

Medication Log

A simple written record of what you take, when you started, and what you notice makes every appointment more productive and helps your prescriber make better decisions. List each medication or supplement, then use the weekly grid to tick off doses taken.

MY CURRENT MEDICATIONS AND SUPPLEMENTS

Medication	Dose	Time(s) taken	Prescriber	Start date	Effects or side effects noticed

DOSES TAKEN THIS WEEK

Medication	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Do not start, stop, or change a dose on your own. If side effects are a problem, write them here and contact your prescriber; many have simple fixes.

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