Medication Log Sheet

Seven days of medicines on one page, in large type that is easy to read.



WHY IT HELPS

When you take several medicines, it is easy to forget a dose or take one twice. A written log shows what you took and when, and gives your doctor a clear record.

FOUR SMALL STEPS

List	Copy each medicine from the pharmacy label.
Tick	Tick the day once you have taken each dose.
Note	Write down missed doses and side effects.
Share	Bring the sheets to your next appointment.

INSIDE

1 An example week

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Tick right after you take a dose, never before. Then the log always shows what really happened.

My week

One row for each medicine and time. Tick the day once you have taken it.

WEEK STARTING
March 9

MEDICINE AND STRENGTH	AMOUNT	TIME	MON	TUE	WED	THU	FRI	SAT	SUN
Metformin 500 mg	1 tablet	8 am	☑	☑	☑	☑	☑	☑	☑
Metformin 500 mg	1 tablet	6 pm	☑	☑	☐	☑	☑	☑	☑
Lisinopril 10 mg	1 tablet	8 am	☑	☑	☑	☑	☑	☑	☑
Atorvastatin 20 mg	1 tablet	9 pm	☑	☑	☑	☑	☑	☐	☑
Vitamin D 1000 IU	1 capsule	8 am	☑	☑	☑	☑	☑	☑	☑
			☐	☐	☐	☐	☐	☐	☐
			☐	☐	☐	☐	☐	☐	☐
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			☐	☐	☐	☐	☐	☐	☐
			☐	☐	☐	☐	☐	☐	☐

MISSED, LATE OR SIDE EFFECTS

DAY	WHAT HAPPENED
Wed	Forgot the evening Metformin, out at dinner
Sat	Skipped Atorvastatin, muscle aches. Ask Dr. Lee

My week

One row for each medicine and time. Tick the day once you have taken it.

WEEK STARTING

MEDICINE AND STRENGTH	AMOUNT	TIME	MON	TUE	WED	THU	FRI	SAT	SUN
			☐	☐	☐	☐	☐	☐	☐
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			☐	☐	☐	☐	☐	☐	☐
			☐	☐	☐	☐	☐	☐	☐

MISSED, LATE OR SIDE EFFECTS

DAY	WHAT HAPPENED

My medicines

Copy each medicine from the pharmacy label. Include supplements and over-the-counter medicines.

BRAND NAME	GENERIC NAME	STRENGTH	PILLS PER DOSE	WHEN	WHAT IT IS FOR

ALLERGIES

DOCTOR AND PHONE

Medication inventory

Update this when your supply changes, and check it before you call the pharmacy.

MEDICINE	ON HAND	REFILL EXPECTED	PHARMACY	PHONE

FOR MY NEXT APPOINTMENT

Questions about my medicines for the doctor or pharmacist.