

My Medication Checklist

When I get up, I take:

| Name and dose | What it looks like | How many I take | How I take it (e.g., with water, etc.) | When I started taking it | When I stop taking it | Why I take it | Who prescribed it for me |
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In the afternoon, I take:

| Name and dose | What it looks like | How many I take | How I take it (e.g., with water, etc.) | When I started taking it | When I stop taking it | Why I take it | Who prescribed it for me |
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In the evening, I take:

| Name and dose | What it looks like | How many I take | How I take it (e.g., with water, etc.) | When I started taking it | When I stop taking it | Why I take it | Who prescribed it for me |
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Before I go to bed, I take:

| Name and dose | What it looks like | How many I take | How I take it (e.g., with water, etc.) | When I started taking it | When I stop taking it | Why I take it | Who prescribed it for me |
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Other medicines that I do not use every day:

| Name and dose | What it looks like | How many I take | How I take it (e.g., with water, etc.) | When I started taking it | When I stop taking it | Why I take it | Who prescribed it for me |
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