



Managing Your Chronic Illness: An Organizational Guide

MEDICATION LOG | track medications and supplements

MEDICATION	TOTAL DAILY DOSE Mg per pill x # of pills per day	ROUTE oral, injection, suppository, patch, etc.	START DATE Note if "used as needed"	STOP DATE	REASON FOR USE / WHO PRESCRIBED IT? Type 2 diabetes, pain, sleep, Friedreich's Ataxia, etc.

If you take Medication for a SYMPTOM or SIGN be sure to add it to the SYMPTOM LOG
You can write down your doses like: **150mg once a day** or **50mg 3x Day** or **100mcg/Daily** or **500mg as needed**
Double check the spelling of your medications

NAME: _____ RECORD #: _____