



# Your Personal Medicine Tracker

Keeping a log of prescriptions—including drug names, dosages and the doctor who prescribed them—can be a lifesaver. A log provides a visual reminder to take your meds, for one thing. You'll also be better able to avoid potentially dangerous drug mix-ups and accidental overdoses.

You can start tracking right now by simply printing out and filling in this weekly med-tracker worksheet. Come back each week to print out another.

<b>Date</b>	<b>Medicine name</b> Brand or generic name	<b>Dose</b> mg, units, puffs, drops	<b>When do you take it?</b> How many times per day? Morning & night? After meals?	<b>Purpose &amp; prescribing doctor</b>

Comments: