## Your Medicine Tracker



A simple guide for keeping on track with your treatment regimen.





## **Your Medication List**

Fill out these charts with everything you're currently taking, including over-the-counter medications and supplements or vitamins. Be sure to bring this list to your doctor appointment (or any doctor you see regularly) to always keep them up to date with your medicines.

Prescription Medications					
Name	What It's For	Dose	Take When?		

What It's For		
	Dose	Take When?

Supplements or Vitamins					
Name	What It's For	Dose	Take When?		





**You and your doctor are a team**—working together can bring you closer to your health goals. Also, be sure to tell your doctor about any changes in medication or side effects.



