

Weekly Medicine Chart

Use this form to help your loved one keep track of his or her medications.



How To Use your Weekly Medicine Record

Here's a handy record to help your loved one keep track of what medicines to take every day, when to take them, and when he or she took them.

Write name and date, starting on Sunday, at the top of the record.

Each numbered row is for one medicine. Take the name and dosage of each medicine from the label on each container and write them under the first column. For example: Lanoxin .25mg.

In the second column, write the size, shape and color of the pill. For example: Small, round, white pill.

In the third column, write when to take the medicine. For example: Before breakfast.

When your loved one takes a medicine, place an "X" in the column for the day of the week. If your loved one takes a medicine more than once a day, mark it each time.

Name: _____

Week of: _____

Name & Dosage of Medicine	Size, Shape, Color of the Pill	When to take Medicine	Sun	Mon	Tue	Wed	Thu	Fri	Sat