MyHeart MyLife

Heart Foundation

My medicines tracker

Write down all your medicines in the table below and make a note of the dose and the time you take each one. Tick off your medicines when you take them each day. You might only need to take some medicines 'as needed' or occasionally (for example, common pain medicines). You can make a note of these in the table too. Keep your medicines tracker somewhere where you can't miss it, like on your fridge or desk.

Save a copy of your completed medicines tracker on your computer, so all you need to do is print a copy at the start of every week (or you can print multiple copies in advance). Don't forget to update the tracker if any of your medicines change!

Week commencing: .....

(Tick days when taken)

Morning medicines	Dose	Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Afternoon medicines	**Dose**	**Time**	**Mon**	**Tues**	**Wed**	**Thurs**	**Fri**	**Sat**	**Sun**

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Evening medicines	Dose	Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Other medicines/as needed medicines	**Dose**	**Time**	**Mon**	**Tues**	**Wed**	**Thurs**	**Fri**	**Sat**	**Sun**

Notes

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