

# Weekly Medication Log

This tool is intended to help you keep track of the medications you are taking each day. Space is also provided to make notes about any symptoms or side effects you may be experiencing. Make sure you share this information with your healthcare provider. Together, you can review your progress and make sure you're getting the most out of your treatment plan.

Day/Date	Med #1 __Relexa__ dose/time taken	Med #2 __Trazodon__ dose/time taken	Med #3 __Lithium__ dose/time taken	Have I experienced any side effects from my medication today? Explain.
Sunday	20mg/8am	50mg/9pm	300mg/8am 600mg/8pm	Nausea, diarrhea
Monday	20mg/ 8:30am	100mg/10pm	300mg/8am 600mg/8pm	Hangover, tired
Tuesday	20mg/ 7:30am	None	300mg/8am 600mg/8pm	Dizzy
Wednesday	20mg/8am	None	300mg/8am 600mg/8pm	None
Thursday	20mg/8am	50mg/11pm	300mg/8am 600mg/8pm	None
Friday	20mg/8am	None	300mg/8am 600mg/8pm	Dizzy
Saturday	20mg/9:30am	None	300mg/8am 600mg/8pm	None

### For More Information

University of Michigan Depression Center

1-800-475-MICH or 734-936-4400

[www.campusmindworks.org/](http://www.campusmindworks.org/)

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