

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 _____ dose/ time taken	Med #2 _____ dose/ time taken	Med #3 _____ dose/ time taken	Med #4 _____ dose/ time taken	Have I experienced any side effects from my medication today? Explain.
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

For More Information

University of Michigan Depression Center

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

www.campusmindworks.org/

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