

# My Medicine Tracker

Use this medicine tracker as a reminder for your treatment.

- Check that you have taken your medicine daily
- Keep notes on how you feel each day (physically and emotionally)
- Draw emoticons to describe how you feel (for example, happy or sad faces)
- Share your notes with your doctor at your next appointment

|   | MONDAY                     | TUESDAY                    | WEDNESDAY                  | THURSDAY                   | FRIDAY                     | SATURDAY                   | SUNDAY                     |
|---|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| <input checked="" type="checkbox"/> <small>Month / Date</small> | <input type="checkbox"/> / | <input type="checkbox"/> / | <input type="checkbox"/> / | <input type="checkbox"/> / | <input type="checkbox"/> / | <input type="checkbox"/> / | <input type="checkbox"/> / |
| Notes:  |                            |                            |                            |                            |                            |                            |                            |
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