# Tracking Your Treatment

A medication routine includes not only taking your medication as your doctor prescribed but also checking in with yourself about how you’re feeling during treatment.

The treatment tracking calendar on the next page can help you keep track of your medication routine.

### Monday

**Taking your medication**

<table>
<thead>
<tr>
<th>Day</th>
<th>Symptom</th>
<th>Onset Time</th>
<th>Duration</th>
<th>Severity</th>
</tr>
</thead>
<tbody>
<tr>
<td>21</td>
<td>NAUSEA</td>
<td>Morning</td>
<td>2 hours</td>
<td>4/10 (MEDIUM)</td>
</tr>
</tbody>
</table>

**How did you feel this week?**

- 😊
- 😞
- 😞

**Weekly reflection**

Use this calendar to get started with tracking your medication routine during treatment.

**If you already have a tracking routine in place, keep it up!**