


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

21 





Taking your medication



Did you take your medication as your doctor prescribed?

Tuesday

22

-  NAUSEA
-  MORNING
-  2 HOURS
-  4/10 (MEDIUM)

Symptoms and side effects you may feel



What was the symptom or side effect?



When did you feel it?








How long did it last, or is it ongoing?



How would you rate it (1-10)?

Wednesday

23 DOCTOR, 11:00 

-  NAUSEA
-  MORNING
-  2 HOURS
-  4/10 (MEDIUM)



Medical appointments



When is your next doctor's visit?

When does your next prescription arrive?

How did you feel this week?

Weekly reflection



How did you feel overall this week?

Are any side effects getting better or worse?

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!



Month:

Notes or questions about my treatment:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

How did you feel this week?



How did you feel this week?



How did you feel this week?



How did you feel this week?



How did you feel this week?

