



# Making and Using a Medicine Chart

**Making a chart to track your medicine use can...** 1) help you remember to take your medicine, 2) show you when you have missed a dose, and 3) serve as a record you can share with your doctor

**Supplies:** Blank chart, Pen/pencil, Your medicine bottles

**Step 1:** Get a blank chart from your healthcare provider.

My Medicine Chart Date:

DRUG	TIME OF DAY			

**Step 2:** Down the left side of the chart, list all of the medicines you are supposed to take.

My Medicine Chart Date:

DRUG	TIME OF DAY			
Aspirin				
Medicine 2				
Medicine 3				
Medicine 4				

**Step 3:** For each medicine, look across the row and black out the times when you don't need to take that medicine.

My Medicine Chart Date:

DRUG	TIME OF DAY			
Aspirin				
Medicine 2				
Medicine 3				
Medicine 4				

**Step 4** Make copies of your chart so that you can record your medicine use every day.



**Step 5:** Post your chart in your kitchen, office, or another visible place as a reminder to take your medicine.



**Step 6:** Each day, in the open spaces, check off your medicine as you take it.

My Medicine Chart Date:

DRUG	TIME			
aspirin	✓			
Medicine 2	✓			
Medicine 3	✓	✓		
Medicine 4				