

Medications & Daily Record

There are different reasons you may find it helpful to keep daily records. Your physician or health care professional may suggest you keep track of your medications, weight, exercise, diet/nutrition, fluid intake, lab results, pain levels, blood sugar levels or A1C, blood pressure, and others. Use the Mywell Health tools or keep records in your health calendar, digitally or in print.

Resource Kit

Click the underlined words in each activity to explore the online resource kit. The resource kit provides definitions and links to research-based websites, services, resources, tools, videos, and more!

[MywellHealth.info](https://mywellhealth.info)

Write your full name & date completed/updated here:
(It will automatically appear on every page)

Medications & Other Daily Records

There are different reasons you may find it helpful to keep daily records. Your physician or health care professional may suggest you keep track of your medications, weight, exercise, diet/nutrition, fluid intake, lab results, pain levels, blood sugar levels or A1C, or blood pressure. Your Mywell Health tools can assist you in creating your daily records for the items you want to monitor. If there are others supporting your care, print off copies of these tables so you can record on them daily.

Tip: Ask your physician or health care professionals what you should check on daily, weekly, or monthly to maintain your overall health..

Medication Record

Regularly check your medication list in your health profile to ensure it is up-to-date. Remember to review this list with your physician every year. Include over the counter drugs, vitamins, herbs, and supplements. You can use a medication record to keep track of the medications you take every day. Add any special instructions, such as how to take your medications and whether they should be taken with or without food. Initial who gives you the medication if you do not take them on your own. You might want to print multiple copies for your Mywell Health planner binder. If you are taking a number of medications, consider using pill box organizers. If you have multiple medications, at different times throughout the day, ask your pharmacist about medication blister packs that sort your medications in time slots daily.

Tip: When you pick up your prescription, you will receive a pharmacy handout. You can scan and add it to your digital files and/or keep a print copy in this section of your Mywell health planner binder. Pharmacy handouts are valuable resources that provide information on how your medications work, side effects, and more.

Medication Record

Print or duplicate this template to use as a daily medication record. Include name of medication, dosage, time to be taken and all special instructions. (For example; with or without food, or crushed.)

Medications	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Medication Record

Print or duplicate this template to use as a daily medication record. Include name of medication, dosage, time to be taken and all special instructions. (For example; with or without food, or crushed.)

Medications	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Daily Record

Your physician and health professionals may recommend that you keep a daily or weekly record as part of your health plan. It might include recording your weight, nutrition (what you eat or drink), fluid intake, blood pressure, lab results, blood sugar, or pain levels. Customize these records by listing what you need to monitor.

What I Need to Record Daily	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Daily Record

Your physician and health professionals may recommend that you keep a daily or weekly record as part of your health plan. It might include recording your weight, nutrition (what you eat or drink), fluid intake, blood pressure, lab results, blood sugar, or pain levels. Customize these records by listing what you need to monitor.

What I Need to Record Daily	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Notes for Medications & Daily Records

Use the 'Notes for My Day to Day' as needed. It keeps all your thoughts, questions, and things to do in one place. Might be a place to list ideas, services, and resources you like.

Date	A place to record your thoughts, questions, and learning

Notes	
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