Use the "Daily medication schedule template" to schedule and track your medications.

The sheet contains 10 mini-tables in which you can mark the medication intake for 10 days.

At the top of each mini-table, it is important to include some information about your treatment.

		DAY 1	Date	
Your name		Diagnosis(es)		
Doctor's name		Doctor's phone		

- In the field **"Date,"** you need to specify the first treatment date on the tab. Further dates are calculated automatically;

- In the **"Your name"** field, enter your name (or the name of the patient) for whom the table is being maintained;

- In the **"Diagnosis(es)"** field, enter the name of the diagnosis for which you are taking medication;

- In the **"Doctor's name"** field, enter the name of the attending physician who prescribed the appropriate treatment;

- In the **"Doctor's phone"** field, enter the phone number of the attending physician who prescribed the appropriate treatment.

Below is a table for maintaining a schedule for taking medications:

Name of Medication	Dosage	Special instructions	Side effects	Time to take				
				Breakfast	Lunch	Dinner	Bedtime	Another time

- The **"Name of Medication"** column must include the name of the medication you are taking;

- In the **"Dosage"** column, you must indicate the dose and number of medications you are taking;

- In the **"Special instructions"** column, indicate the specific instructions for taking each of the drugs (for example, before meals, after meals, take with water, etc.);

- In the **"Side effects"** column, note the side effects you have experienced from taking the drugs, and you can later report this to your doctor.

- In the **"Time to take"** field, there are columns with time options for taking medications; they contain checkboxes in which you need to mark each medication intake.

An example of filling a table:

				DAY 1	**Date**		5/15/2021	
Your name		John Smith		**Diagnosis(es)**		Atherosclerosis		
Doctor's name		Emma Krane		**Doctor's phone**		+1 (234) 567-89-01		

Name of Medication	Dosage	Special instructions	Side effects	Time to take				
				Breakfast	Lunch	Dinner	Bedtime	Another time
Lovastatin	2x10 mg	by mouth, with water		☑	☐	☑	☐	☐
Fenofibrate	1x145 mg			☐	☑	☐	☐	☐
Niacin	1x250 mg	by mouth, with water		☐	☐	☐	☑	☐
Colestipol	2x2 mg		headache	☐	☑	☐	☑	☐
				☐	☐	☐	☐	☐