

Track Your Progress

Prescription Tracker

Need help keeping track of all the prescriptions you take? Make it simpler by using the chart below to track your daily medicines. Print this out and take it to your next doctor visit.



Prescription	Time of Day	Dose	Special Instructions
_____	___ AM/ ___ AM ___ PM/ ___ PM	_____	_____
_____	___ AM/ ___ AM ___ PM/ ___ PM	_____	_____
_____	___ AM/ ___ AM ___ PM/ ___ PM	_____	_____
_____	___ AM/ ___ AM ___ PM/ ___ PM	_____	_____
_____	___ AM/ ___ AM ___ PM/ ___ PM	_____	_____
_____	___ AM/ ___ AM ___ PM/ ___ PM	_____	_____
_____	___ AM/ ___ AM ___ PM/ ___ PM	_____	_____
_____	___ AM/ ___ AM ___ PM/ ___ PM	_____	_____

Notes

Track Your Progress

Exercise Tracker

Staying fit is an important part of staying healthy. Ask your doctor about what exercise is right for you. And be sure to exercise on a regular basis, following your doctor's instructions. Use the chart below to track the amount of time you exercise each day. And be sure to take the chart with you to your next doctor visit.



	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
Week 1	_____	_____	_____	_____	_____	_____	_____
Week 2	_____	_____	_____	_____	_____	_____	_____
Week 3	_____	_____	_____	_____	_____	_____	_____
Week 4	_____	_____	_____	_____	_____	_____	_____
Week 5	_____	_____	_____	_____	_____	_____	_____
Week 6	_____	_____	_____	_____	_____	_____	_____
Week 7	_____	_____	_____	_____	_____	_____	_____
Week 8	_____	_____	_____	_____	_____	_____	_____
Week 9	_____	_____	_____	_____	_____	_____	_____

Notes
