The Personal *Dose Log*

Page 1 · What I take. Fill this in once, and update it when something changes.

Name _____ Updated _____

ITEM	TYPE	USUAL AMOUNT	UNIT	WHEN I TAKE IT	NOTES

Type: prescription, OTC, supplement, injection, other **When:** e.g. 8 AM daily, Sundays, as needed **Unit:** mg, mcg, mL, units, tablets, capsules…

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Write it when you take it. Record the actual time, always include the unit, and log skipped doses too.

Name _____ Page _____

DATE	TIME	ITEM	AMOUNT	UNIT	NOTES