

Medication Log & Pill Tracker

Everything you need to track medications safely – for yourself, a parent, or anyone you care for.

Start here. Print the pages you need (they also work great in a binder). Keep the **Medication List** current, use the **Daily Log** or **Weekly Pill Chart** day to day, and bring the **Emergency Page** to every appointment.

PAGE	HOW TO USE IT
2 • Medication List	The master list – every medication, dose, and prescriber in one place.
3 • Daily Medication Log	Check off each dose, morning to bedtime, one week per page.
4 • Weekly Pill Chart	One glance shows what's taken and what's due – AM / PM grid.
5 • Monthly Log	A full month on one page – great for once-daily medications.
6 • Refill Tracker	Never run out – pharmacy, Rx number, refills left, next refill date.
7 • As-Needed (PRN) Log	Record occasional medications – when, why, and whether they helped.
8 • Emergency Medical Page	Allergies, conditions, contacts – post it on the fridge, pack it for the ER.

Also included: an Excel / Google Sheets version of the trackers – type instead of write, and reuse it forever.

This organizer is for personal record-keeping only and is not medical advice. Always follow your doctor's and pharmacist's instructions.

Medication List

The master list. Update it whenever a medication starts, stops, or changes.

NAME				DATE UPDATED	
MEDICATION	DOSE	HOW OFTEN	WHAT IT'S FOR	PRESCRIBER	START DATE

Daily Medication Log

One week per page. Write each medication, then check off every dose you take.

WEEK OF

NAME

MEDICATION & DOSE	MORNING	NOON	EVENING	BEDTIME	NOTES

Weekly Pill Chart

Fill a circle when the dose is taken – AM on the left, PM on the right.

WEEK OF

MEDICATION & DOSE	MON AM-PM	TUE AM-PM	WED AM-PM	THU AM-PM	FRI AM-PM	SAT AM-PM	SUN AM-PM

Monthly Medication Log

Check each day's box when taken. Ideal for once-daily medications and supplements.

MONTH / YEAR

[illegible]

Refill Tracker

Check this page weekly – reorder before the bottle runs low, not after.

MEDICATION	PHARMACY	RX NUMBER	REFILLS LEFT	NEXT REFILL DATE	ORDERED ✓	PICKED UP ✓

As-Needed (PRN) Medication Log

For medications taken only when needed – pain relief, allergy, sleep, and similar.

DATE	TIME	MEDICATION & DOSE	REASON	DID IT HELP?

Emergency Medical Page

Keep a copy on the fridge, in the car, and in the wallet. Bring it to every appointment.

NAME

DATE OF BIRTH

BLOOD TYPE

ALLERGIES

MEDICAL CONDITIONS

CURRENT MEDICATIONS	DOSE	HOW OFTEN	PRESCRIBER

EMERGENCY CONTACT 1 – NAME & PHONE

EMERGENCY CONTACT 2 – NAME & PHONE

DOCTOR – NAME & PHONE

PHARMACY – NAME & PHONE