

# MEDICATION CALENDAR

A medication calendar can help remind you when to take medications and/or remind you whether a medication has been taken. This calendar should be kept near your medications.

List the names and directions for each medication you are taking in the left-hand column. Write down when each medication should be taken (example: 8 am, lunch, 4pm, bedtime). At the time you take each medication cross off that section on the chart.

MEDICATION	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

**For additional copies, visit [www.nnepc.org](http://www.nnepc.org) call 1-800-222-1222.**

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