

Adherence check:

Once you have worked out a daily regimen above use the table below to mark off each dose after taking it for the first few weeks. Write the name of the drug and the time you need to take it in the top boxes. Use a different box for each drug. Then tick off the dose and write the time you took the dose in the sections underneath. Use a photocopy, or draw a new version yourself to use for the second and third weeks or if you need a larger table. This will help you know how well you are doing and this will be helpful when you next see your doctor.

Week date: _____



	Drug names + times: AM			Drug names + times: PM		
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						