

# Medications

*Master list of current medications and vitamins: keep updated!*

Medication	Taken For	Dosage	Time /How taken	Doctor	Start Date	End Date
example (med. name)	(heart)	(100 mg.)	(before bed with water)	(Dr. Johnson)	( 9/1//04)	

*My Needs, My Concerns, My Reconciliations, My Gain, My Courage*