

Medication and Symptom Tracker

Medication Name	Purpose (for what?)	Dose (how much?)	Type and appearance (colour, shape)	Frequency (when?)	Expected outcome (did it work?)	Watch for? (side effects)	How side effect was experienced (time, how it was dealt with)
E X A M P L E Ibuprofen	Shoulder pain	400mg, tablet	Oval, dark red colour	2:00 PM, Daily	Less pain in shoulders	Dizziness, Abdominal pain, vomiting	2 weeks after starting medication