



# Weekly Medication Log

This tool is intended to help you to keep track of the medications you are taking each day for your depressive illness. Space is also provided to make notes about any symptoms or side effects you may be experiencing. Make sure you share this information with your healthcare provider. Together, you can review your progress and make sure you're getting the most out of your treatment plan.

Day / Date	Med #1 dose/ time taken	Med #2 dose/ time taken	Med #3 dose/ time taken	Med #4 dose/ times taken	<i>Have I experienced any side effects from my medications today?</i> <b>Explain</b>
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

### For More Information

University of Michigan Depression Center  
800-475-6424  
www.depressioncenter.org