



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.

For more information:

- University of Michigan Depression Center
- 1-800-475-MICH or 734-936-4400
- <http://www.depressioncenter.org/toolkit>

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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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> Explain
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					