DAILY MEDICINE *SCHEDULE*

Use this form to remind you when to take your medicines. Write the medicine's name in the column on the left, and check the box for the time you take it each day. Post this sheet where you can see it, such as near your medicine cabinet or wherever you store your medicines. Bring it to your doctor appointments. And take it with you when you travel.

Name of Medicine	Before breakfast What time?	With breakfast	Before lunch What time?	With lunch	Before dinner What time?	With lunch	Before bedtime What time?	At bedtime	During the nighttime What time?