



EISENBERG FAMILY
DEPRESSION CENTER
UNIVERSITY OF MICHIGAN

Depression Center Toolkit

Educational resources, tools, and strategies for mental well-being.

Weekly Medication Log

This tool can help you track the medications you take for your mental health. Write down the names of your medication(s) and what time you take them every day. You can also note any symptoms or side effects that you may experience. Review this worksheet with your health care provider at your next appointment to make sure your treatment plan is working for you.

	SAMPLE				
	Medication: Lexapro Dosage: 10mg/1x day	Medication: Dosage:	Medication: Dosage:	Medication: Dosage:	Describe any symptoms or side effects that you experienced:
Monday	Time taken: 9 pm	Time taken:	Time taken:	Time taken:	
Tuesday	Time taken: 9 pm	Time taken:	Time taken:	Time taken:	
Wednesday	Time taken: 9:30 pm	Time taken:	Time taken:	Time taken:	
Thursday	Time taken: 9 pm	Time taken:	Time taken:	Time taken:	
Friday	Time taken: 9 pm	Time taken:	Time taken:	Time taken:	
Saturday	Time taken: 9:15 pm	Time taken:	Time taken:	Time taken:	
Sunday	Time taken: 9 pm	Time taken:	Time taken:	Time taken:	