

# 30 DAYS OF MEDICATION TRACKING

[thycansurvivors.org](http://thycansurvivors.org)

Remembering to take your medications each day can be hard, but it doesn't have to be!

Each day, mark the box with the date and whatever else you'd like.

If you're new to taking prescriptions, start by writing in the time as well.

For most thyroid medications, you should take your prescription in the morning on an empty stomach, with plenty of water about an hour before breakfast, coffee, and any other medications or supplements. Ask your doctor how you should be taking your medications.

## DAY:

1.	2.	3.
4.	5.	6.
7.	8.	9.
10.	11.	12.
13.	14.	15.
16.	17.	18.
19.	20.	21.
22.	23.	24.
25.	26.	27.
28.	29.	30.