



KEEPING TRACK

MY MEDICAL JOURNAL

▲ **A medical journal can help you keep track** of all of your medications, appointments and health care contacts. Note the name and contact information for each health care professional and any drugs they have prescribed. You can share this list with your health care team so they can help you manage your medications and avoid drug interactions.

For additional copies of this form, go to



PatientResource.com/FLMedicalJournal.pdf



JOURNAL ENTRIES

MY APPOINTMENTS

DATE	HEALTH CARE PROFESSIONAL	REASON FOR VISIT



DAILY REMINDERS

MY MEDICATIONS

MEDICATION	DOSAGE	DIRECTIONS	PURPOSE	NEXT REFILL
<i>Ex: Drug name</i>	<i>350 mg</i>	<i>Once every 4 hrs.</i>	<i>Pain management</i>	<i>8/31/2017</i>



MY MEDICAL TEAM CONTACTS

PHYSICIAN AND PHARMACY INFORMATION

Physician:			Nurse Navigator:		
Address			Address		
City	State	ZIP	City	State	ZIP
Phone	Fax		Phone	Fax	
Pharmacy:			Lab:		
Address			Address		
City	State	ZIP	City	State	ZIP
Phone	Fax		Phone	Fax	