TREATMENTS & MEDICATION

What I take and what it does

Juno

Every medication, supplement and therapy in one place, with how it is actually working. Update it before each appointment.

DATE UPDATED | NAME | ALLERGIES | PHARMACY

HELPS?	0	1	2	3
	No change Cannot tell it is doing anything	**A little** Some benefit	**Clearly** Noticeable benefit	**A lot** Big difference

CURRENT TREATMENTS

NAME	DOSE	WHEN time of day	SINCE	FOR WHAT	HELPS 0–3	SIDE EFFECTS	PRESCRIBED BY

CHANGES AND WHAT HAPPENED

Give each change two weeks before judging it, unless a side effect is severe.

DATE	WHAT CHANGED started, stopped, dose	WHY	RESPONSE AFTER ~2 WEEKS

QUESTIONS FOR THE NEXT APPOINTMENT

REFILLS

MEDICATION	LAST REFILL	NEXT DUE