

Managing multiple medications can be challenging, especially for individuals living with rare diseases and chronic illnesses. This medication tracker helps patients keep a clear record of medications, dosages, schedules, and notes to support better communication with healthcare providers.

Section 1: Personal Information

Patient Name: _____

Date of Birth: _____

Primary Physician: _____

Pharmacy: _____

Emergency Contact: _____

Phone Number: _____

Section 2: Medication List

Medication 1

Name: _____

Dosage: _____

Time(s) Taken Each Day: _____

Prescribing Doctor: _____

Purpose: _____

Notes / Side Effects: _____

Medication 2

Name: _____

Dosage: _____

Time(s) Taken Each Day: _____

Prescribing Doctor: _____

Purpose: _____

Notes / Side Effects: _____

Medication 3

Name: _____

Dosage: _____

Time(s) Taken Each Day: _____

Prescribing Doctor: _____

Purpose: _____

Notes / Side Effects: _____

Medication 4

Name: _____

Dosage: _____

Time(s) Taken Each Day: _____

Prescribing Doctor: _____

Purpose: _____

Notes / Side Effects: _____

Medication 5

Name: _____

Dosage: _____

Time(s) Taken Each Day: _____

Prescribing Doctor: _____

Purpose: _____

Notes / Side Effects: _____

Medication 6

Name: _____

Dosage: _____

Time(s) Taken Each Day: _____

Prescribing Doctor: _____

Purpose: _____

Notes / Side Effects: _____

Medication 7

Name: _____

Dosage: _____

Time(s) Taken Each Day: _____

Prescribing Doctor: _____

Purpose: _____

Notes / Side Effects: _____

Medication 8

Name: _____

Dosage: _____

Time(s) Taken Each Day: _____

Prescribing Doctor: _____

Purpose: _____

Notes / Side Effects: _____

Medication 9

Name: _____

Dosage: _____

Time(s) Taken Each Day: _____

Prescribing Doctor: _____

Purpose: _____

Notes / Side Effects: _____

Section 3: Daily Medication Schedule

Morning Medications

Afternoon Medications

Evening Medications

Bedtime Medications

Section 4: Medication Changes

Date: _____

Medication Change: _____

Doctor Instructions: _____

Notes: _____

Date: _____

Medication Change: _____

Doctor Instructions: _____

Notes: _____

Section 5: Notes for Healthcare Providers

This resource is provided by **Alpha Health Alliance** to support individuals and families navigating rare diseases, genetic disorders, and chronic illnesses.

This document is for personal organization only and does not replace professional medical advice.

alphahealthalliance.org

