



Weekly Medication Dosing Schedule

Use this schedule to help you track your medications for the week as discussed with your healthcare team.

Week of: _____

Write down the dose and time you take your medication each day.

DAY	MEDICATION	DOSE	SPECIAL INSTRUCTIONS	TIME	TAKEN
SUNDAY					<input type="checkbox"/>
MONDAY					<input type="checkbox"/>
TUESDAY					<input type="checkbox"/>
WEDNESDAY					<input type="checkbox"/>
THURSDAY					<input type="checkbox"/>
FRIDAY					<input type="checkbox"/>
SATURDAY					<input type="checkbox"/>

TIPS: It is important to adhere to a medication schedule. Here are some ideas to help you stay on track:

- Use a pill organizer and keep your medication in a visible but safe location
- Set alarms or reminders on your phone, smartwatch, or other smart home assistant devices with voice reminders

SPECIAL DIRECTIONS OR NOTES per your healthcare team:



Weekly Medication Dosing Schedule (cont'd)

My Healthcare Team

It's important to talk to your healthcare team and be involved in your treatment. Write down the contact information for some of your healthcare team members, so you have it handy.

My nephrologist

Name:

Phone:

Email:

Address:

My facility administrator

Name:

Phone:

Email:

Address:

My dietitian

Name:

Phone:

Email:

Address:

My anemia manager

Name:

Phone:

Email:

Address:

My nurse

Name:

Phone:

Email:

Address:

My primary care physician

Name:

Phone:

Email:

Address: