

Medication Log

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Specializing in Adult ADHD

1) Complete this log everyday for seven days to track medication effectiveness.

2) Rate your answers as + (better); = (the same); - (worse)

	Monday AM/PM	Tuesday AM/PM	Wednesday AM/PM	Thursday AM/PM	Friday AM/PM	Saturday AM/PM	Sunday AM/PM
Medication Taken							
Dose/ IR vs XR							
Time(s) Taken							
Duration of effect							
Taken w/ other meds? (Yes/No)							
Hours of sleep (previous night)							
Quality of sleep							
Caffeine? How much?							
Exercise? Duration?							
Focus/Concentration							
Irritability/Frustration							
Anxiety/Worry							
Mood							
Impulsivity							
Distractibility							
Working Memory							
Productivity							
Communication with others							