# Medical Notebook For

## Medication List

Medication	Dose	Date	Date	Who	What
		Ordered	Stopped	Prescribed	Pharmacy

## Symptoms Tracker

Date	Time	Symptom	Notes

## Appointments

Date	Time	Doctor	Reason for Visit	Notes

# Doctor and Hospital Numbers

Contact	Phone Number	Email	Address	Hours

## Tests Completed

Location of	Date of	Type of Test/Notes
lest	lest	
	Location of Test	

# Allergies Tracker

Type of Allergy	Needed Medication	Symptoms	Notes

## Care Sheet for Helpers

### Meals

Time	Amount

## Toilet

Time	Notes

## Personal Care

	Check to mark	
	done	
Shower/Bath		
Brush Hair		
Brush Teeth		

### Medication

Medicine taken	Dosage	Time

## Blood Pressure Target Blood Pressure:

Time	Blood Pressure	Notes

# Emergency and After Death Contacts

First Name	Last Name	Relation	Primary Phone Number	Secondary Phone Number	Email

# Insurance Company Info

Name	Phone Number	Company	Notes

# Important Phone Calls

Date	Time	Phone Number	Notes

## How are Things Going?

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#### Information to Show

For journal articles and other articles with information gathered to show doctors and families

- "Love is always bestowed as a gift freely, willingly and without expectation.
  We don't love to be loved; we love to
  love."
  - Leo Buscaglia
- "Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next."
  - Gilda Radner

I get how hard this is. I really do. Ask for help when you need it. Remember you are doing the very best you can.

Hugs from the other side, Jill