



Medication Log

If you take medication for ADHD, it can be useful to keep a day-to-day record of the impact of the medication. This information can be extremely useful to your doctor or health professional - especially if you have just started taking medication, or if there has been a change in your current medication regimen. A medication log can help your doctor or health professional see whether or not the medication is having its intended impact.

WHO SHOULD USE THIS TOOL?

Students should use the Medication Log daily. You are responsible for updating the Medication Log each day and keeping it in a safe place.

HOW SHOULD IT BE USED?

Update the medication log each day of the week.

The bottom half of the tool is to be completed at the end of each week. It asks you to evaluate your level of different ADHD symptoms experienced through the course of the entire week.

Present the completed medication logs to your doctor or health professional. The doctor or health professional who prescribes the medication will be able to get a better idea of how effective a medication has been for you.

Medication Log							
Medication & Dosage:	Week of: _____						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
At what time(s) did you take your medication?							
Did you eat before or after you took your medication?	Yes, before Yes, after No	Yes, before Yes, after No	Yes, before Yes, after No	Yes, before Yes, after No	Yes, before Yes, after No	Yes, before Yes, after No	Yes, before Yes, after No
When did you notice the effects of the medication?	Immediately It took a while Never	Immediately It took a while Never	Immediately It took a while Never	Immediately It took a while Never	Immediately It took a while Never	Immediately It took a while Never	Immediately It took a while Never
How long did the effects of the medication last?							

How did you feel this week?								
I was able to focus and pay attention	Less	Same	More	I lost or misplaced things	Less	Same	More	
I completed my assignments	Less	Same	More	It was hard for me to work quietly	Less	Same	More	
I was able to stay neat and organized	Less	Same	More	I felt like my mind was "sped up"	Less	Same	More	
I was able to sit still in class	Less	Same	More	I moved/fidgeted my hands or feet a lot	Less	Same	More	
I waited for my turn without interrupting	Less	Same	More	I felt nervous	Less	Same	More	