KIDNEY HEALTH 4 LIFE®

MY MEDICINE TRACKER



Medicine	Strength	How much to take and when?	Why do I take it?	Notes
Example: Atorvastatin	*Example: 40mg tablet*	*Example: 1 tablet at bedtime*	*Example: For cholesterol*	*Example: Avoid grapefruit*

KIDNEY HEALTH 4 LIFE®

MY MEDICINE TRACKER



Medicine	Strength	How much to take and when?	Why do I take it?	Notes