



# PLANNING FOR YOUR MEDICATION SCHEDULE

M E D I C A T I O N   A D H E R E N C E   S U P P O R T   T O O L K I T

Taken from the National Minority AIDS Council <http://www.cdncpin.org/>

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Very Different Times

What time do you wake up?

What time do you eat breakfast?

What time do you eat lunch?

What time do you eat dinner?

What time do you go to work?

What time do you finish work?

What time do you go to sleep?

When you "party", when do you go to sleep?

Times of other daily activities?

**Therefore....Good Times to Take Medication Are:** \_\_\_\_\_