

MEDICATION TRACKING CHART

ADULT MAXIMUM DAILY LIMIT OF IBUPROFEN = 3200 milligrams
ADULT MAXIMUM DAILY LIMIT OF ACETAMINOPHEN = 3000 milligrams

WHEN DID YOU TAKE MEDICINE:		WHAT DRUG AND HOW MANY MILLIGRAMS DID YOU TAKE:			
day	time	Advil/ibuprofen	Tylenol/acetaminophen	Percocet/oxycodone	OTHER
DAY 1:					
DAILY TOTAL:					
DAY 2:					
DAILY TOTAL:					
DAY 3:					
DAILY TOTAL:					
DAY 4:					
DAILY TOTAL:					
DAY 5:					
DAILY TOTAL:					