



## Medication Management Worksheet Occupational Therapy

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Night							

List of the medicines you are taking	Their doses	Purpose of taking this medicine.

Q. Write your motivation behind taking these medicines. (Any person who supports and encourages you)

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Q. In a few lines, appreciate yourself for taking care of yourself and fighting your problems.

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## Reference

[Braddock, C.H., Fihn, S.D., Levinson, W., Jonsen, A.R., Pearlman, R.A. \(1997\). How doctors and patients discuss routine clinical decisions. Informed decision making in the outpatient setting. J. Gen. Int. Med., 12: 339-345.](#)

You can download more Mental Health worksheets [here](#).

**Please note:** There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.