

Daily Routine Chart

Questions to Ask

Sleeping

- What time do you usually wake up each day
- What time do you go to sleep?
- Do you ever eat close to bedtime
- Do you have a routine that you do when you wake up?
- Do you have a routine that you do before going to sleep?

Eating

- What times do you usually eat?
- Who do you eat with? Would you feel comfortable taking pills in front of them?
- Where do you eat? Could you bring your pills with you?
- How do you feel about meal times
- Are there ways to take your pills on a full stomach without interfering with the social and other pleasures of eating?

Comings and goings

- What times do you usually leave the house?
- What times do you usually come back home?
- What other things do you do at about the same time every day such as watching TV programs, the kids leaving for school, etc.)

Weekends

- Repeat the above questions for the weekend or other irregular days.

Things to make it work

- If you need a full stomach at a time other than a normal meal time, try a fatty snack like crackers with peanut butter.

Reminders

- What can you do to remind yourself when it's time to take your pills?
- What changes your schedule?

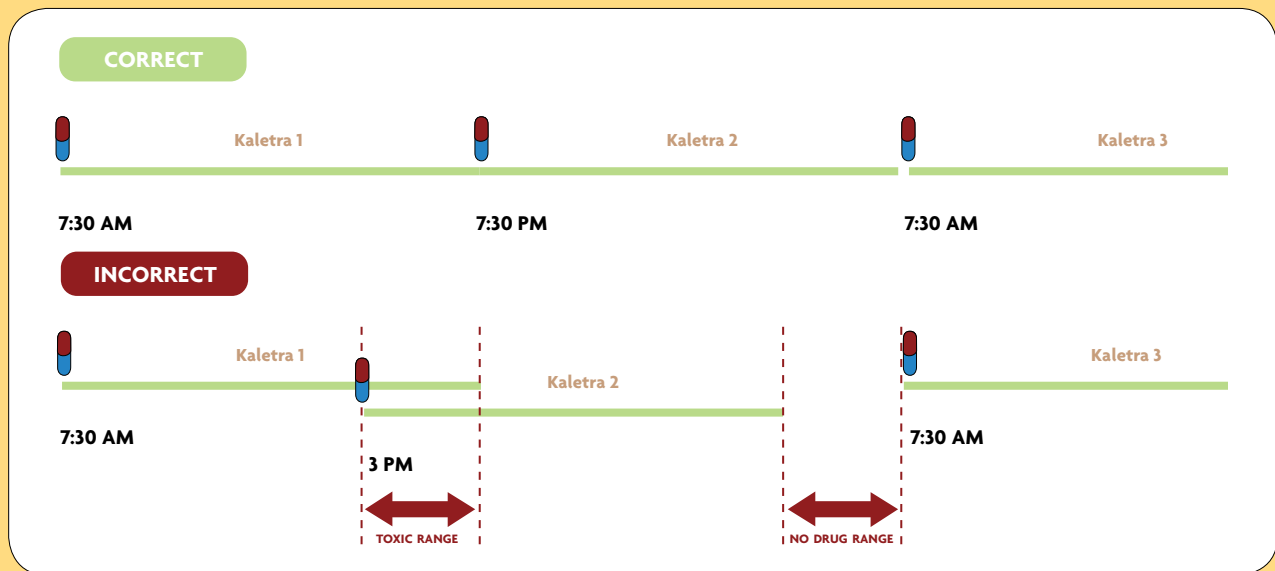
	Weekday	AM	Weekend
Medication name/ # of pills		6:00	
		7:00	
		8:00	
		9:00	
		10:00	
		11:00	

	Weekday	PM	Weekend
Medication name/ # of pills		12:00	
		1:00	
		2:00	
		3:00	
		4:00	
		5:00	
		6:00	
		7:00	
		8:00	
		9:00	
		10:00	
	11:00		

Pill Chart

Name of Medication	Instructions	Time of Day Taken
		am pm
		am pm
		am pm
		am pm
		am pm

A Day in the Life of a Pill



What is Adherence?