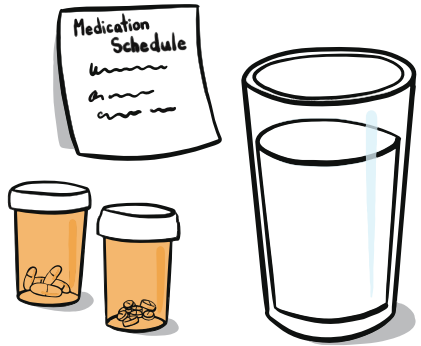


# Track your pain and medications



Below is a table to record your pain and track your medications.  
You can also print medication tracking sheets online.

Medication	dosage	time taken	time of next dose

For more information, please visit [transcarebc.ca](http://transcarebc.ca)