

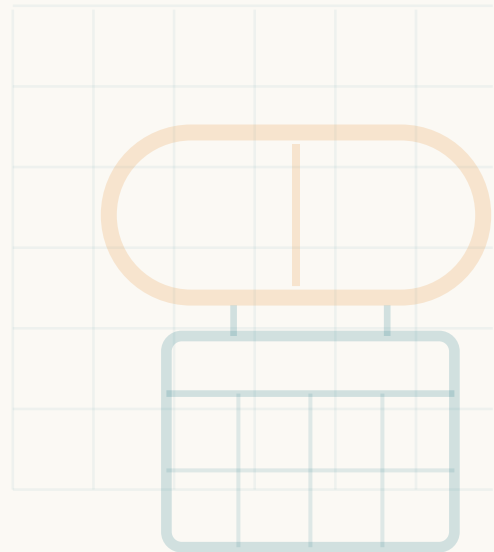


AN ARDENT WORKSHOP PRODUCT

Med List Starter

The one page to keep on the fridge — current medications, doses, and who to call.

Free · from Ardent Workshop



The one medication list to keep where anyone can find it

The one page to keep on the fridge, in a bag, or at the front of a binder — the current medications and doses, the allergies, and the people to call, all in one place. Fill it in pen and update it whenever something changes.

RECORD THE CARE — NOT THE CREDENTIALS

Write the medications and care — never a pharmacy- or patient-portal login or a full insurance member number. (The Rx number from the bottle is fine.) This is a record you keep, not medical advice.

This list is for (name)

Allergies (medication, food, other)

Conditions to know

Current medications

Medication	Dose	When it's taken	What it's for

Who to call

Primary doctor (name & phone)

Pharmacy (name & phone)

Emergency contact (name & phone)

THIS IS THE MEDICATION LIST — THE TRACKER IS THE REST

This starter is the at-a-glance. The Medication & Appointment Tracker is where it all gets organized and kept current — an 8-tab workbook (Excel & Google Sheets) plus guides: a dose schedule across the day, refill tracking with a color-coded status, appointments with the questions to ask, providers and pharmacies, and an at-a-glance page. [Get it at ardentworkshop.com](https://ardentworkshop.com) >

A record-organizing sheet for keeping medications straight, not medical advice, not a diagnosis, treatment plan, or prescription; it does not set or change any dose. Read every dose off the bottle and always defer to the prescribing doctor and pharmacist. © Ardent Workshop LLC. Free to use; please don't resell or redistribute.