

Remembering to Take It

Working out why it gets missed and what would actually help you remember.

WHEN TO USE THIS

Use this if you keep forgetting, or you are never sure whether you took it.

When does it usually get missed?

- ☐ Mornings when I am rushing
- ☐ Nights I fall asleep early
- ☐ Weekends
- ☐ When I am away from home
- ☐ When I am feeling well
- ☐ When I feel too unwell to care

What is going on at that time of day?

What has helped you remember other things?

Alarms, a box, leaving it by the kettle, a person.

1.

2.

3.

What one change will you try this week?

Missing one is not about willpower. It is usually about the setup around it.