

# PERSONAL TRACKING CHARTS



personal tools that help you keep track of your health

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In the following pages, you will find many different charts that were developed to help you keep track of your health. They will also help you keep an ongoing health history and a history of your HIV-related treatments over time.

Project Inform has tried to think about the things that you may deal with when you take your medicines. If you find that one chart isn't exactly what you want, feel free to change it to suit your own needs.

One suggestion would be to take these charts with you to your doctor appointments. Going over them together can help make sure you understand what medications you're supposed to take and when to take them. This will also help you make sure to let your doctor know everything you're dealing with.

We hope you share these charts with others. Whether it's a support group you attend or your case manager, feel free to pass them on. And if you have suggestions on making them better or you would like more copies, please call us toll-free at 1-800-822-7422 or go to [www.projectinform.org](http://www.projectinform.org).



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