

Medication Tracker - Week of January 8-14, 2026

Mom

Date	Medication	Dose 1	Dose 2	Dose 3
Jan 8 (Wed)	Oseltamivir	Time: _____	—	—
	Tylenol	Time: _____	—	—
	Temperature	Time: _____ Temp: _____	—	—
Jan 9 (Thu)	Oseltamivir	Time: _____	Time: _____	—
	Tylenol	Time: _____	Time: _____	Time: _____
	Temperature	Time: _____ Temp: _____	Time: _____ Temp: _____	Time: _____ Temp: _____
Jan 10 (Fri)	Oseltamivir	Time: _____	Time: _____	—
	Tylenol	Time: _____	Time: _____	Time: _____
	Temperature	Time: _____ Temp: _____	Time: _____ Temp: _____	Time: _____ Temp: _____
Jan 11 (Sat)	Oseltamivir	Time: _____	Time: _____	—
	Tylenol	Time: _____	Time: _____	Time: _____
	Temperature	Time: _____ Temp: _____	Time: _____ Temp: _____	Time: _____ Temp: _____
Jan 12 (Sun)	Oseltamivir	Time: _____	Time: _____	—
	Tylenol	Time: _____	Time: _____	Time: _____
	Temperature	Time: _____ Temp: _____	Time: _____ Temp: _____	Time: _____ Temp: _____
Jan 13 (Mon)	Tylenol	Time: _____	Time: _____	Time: _____
	Temperature	Time: _____ Temp: _____	Time: _____ Temp: _____	Time: _____ Temp: _____
	Tylenol	Time: _____	Time: _____	Time: _____
Jan 14 (Tue)	Temperature	Time: _____ Temp: _____	Time: _____ Temp: _____	Time: _____ Temp: _____
	Temperature	Time: _____ Temp: _____	Time: _____ Temp: _____	Time: _____ Temp: _____

Dad

Date	Medication	Dose 1	Dose 2	Dose 3
Jan 8 (Wed)	Oseltamivir	Time: _____	—	—
	Doxycycline (with full glass of water)	Time: _____	—	—
	Tylenol	Time: _____	—	—
	Temperature	Time: _____ Temp: _____	—	—
Jan 9 (Thu)	Oseltamivir	Time: _____	Time: _____	—
	Doxycycline (with full glass of water)	Time: _____	Time: _____	—
	Tylenol	Time: _____	Time: _____	Time: _____
	Temperature	Time: _____ Temp: _____	Time: _____ Temp: _____	Time: _____ Temp: _____
Jan 10 (Fri)	Oseltamivir	Time: _____	Time: _____	—
	Doxycycline (with full glass of water)	Time: _____	Time: _____	—
	Tylenol	Time: _____	Time: _____	Time: _____
	Temperature	Time: _____ Temp: _____	Time: _____ Temp: _____	Time: _____ Temp: _____
Jan 11 (Sat)	Oseltamivir	Time: _____	Time: _____	—
	Doxycycline (with full glass of water)	Time: _____	Time: _____	—
	Tylenol	Time: _____	Time: _____	Time: _____
	Temperature	Time: _____ Temp: _____	Time: _____ Temp: _____	Time: _____ Temp: _____
Jan 12 (Sun)	Oseltamivir	Time: _____	Time: _____	—
	Doxycycline (with full glass of water)	Time: _____	Time: _____	—
	Tylenol	Time: _____	Time: _____	Time: _____
	Temperature	Time: _____ Temp: _____	Time: _____ Temp: _____	Time: _____ Temp: _____

Date	Medication	Dose 1	Dose 2	Dose 3
Jan 13 (Mon)	Doxycycline (with full glass of water)	Time: _____	Time: _____	—
	Tylenol	Time: _____	Time: _____	Time: _____
	Temperature	Time: _____ Temp: _____	Time: _____ Temp: _____	Time: _____ Temp: _____
Jan 14 (Tue)	Doxycycline (with full glass of water)	Time: _____	Time: _____	—
	Tylenol	Time: _____	Time: _____	Time: _____
	Temperature	Time: _____ Temp: _____	Time: _____ Temp: _____	Time: _____ Temp: _____

Alex

Date	Medication	Dose 1	Dose 2	Dose 3
Jan 8 (Wed)	Oseltamivir	Time: _____	—	—
	Tylenol	Time: _____	—	—
	Temperature	Time: _____ Temp: _____	—	—
Jan 9 (Thu)	Oseltamivir	Time: _____	Time: _____	—
	Tylenol	Time: _____	Time: _____	Time: _____
	Temperature	Time: _____ Temp: _____	Time: _____ Temp: _____	Time: _____ Temp: _____
Jan 10 (Fri)	Oseltamivir	Time: _____	Time: _____	—
	Tylenol	Time: _____	Time: _____	Time: _____
	Temperature	Time: _____ Temp: _____	Time: _____ Temp: _____	Time: _____ Temp: _____
Jan 11 (Sat)	Oseltamivir	Time: _____	Time: _____	—
	Tylenol	Time: _____	Time: _____	Time: _____
	Temperature	Time: _____ Temp: _____	Time: _____ Temp: _____	Time: _____ Temp: _____
Jan 12 (Sun)	Oseltamivir	Time: _____	Time: _____	—

Date	Medication	Dose 1	Dose 2	Dose 3
	Tylenol	Time: _____	Time: _____	Time: _____
	Temperature	Time: _____ Temp: _____	Time: _____ Temp: _____	Time: _____ Temp: _____
Jan 13 (Mon)	Tylenol	Time: _____	Time: _____	Time: _____
	Temperature	Time: _____ Temp: _____	Time: _____ Temp: _____	Time: _____ Temp: _____
Jan 14 (Tue)	Tylenol	Time: _____	Time: _____	Time: _____
	Temperature	Time: _____ Temp: _____	Time: _____ Temp: _____	Time: _____ Temp: _____