Keep track of your week so you can spot patterns and make happy changes

_____'s week Date: _____ to: _____

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Have you taken your Xenidate® (methylphenidate hydrochloride) this morning? ✓ ×							
Reminders today	e.g. sports kit						
How hungry were you at breakfast, lunch and dinner?	Breakfast						
	Lunch						
	Dinner						
How did you feel today?							
Why do you think you felt that way?	e.g. forgot my sports kit						
What was the best thing that happened today?							
Notes and reminders for tomorrow	e.g. spelling homework						

If you get any side effects or have a device failure, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. Please report side effects or device failures with any medicine or vaccine to the medicines regulator MHRA through the Yellow Card Scheme. It is easiest and quickest to report side effects and device failures online via the Yellow Card website: https://yellowcard.mhra.gov.uk/ or search for MHRA Yellow Card in the Google Play or Apple App Store. Alternatively, prepaid Yellow Cards for reporting are available by writing to FREEPOST YELLOW CARD (no other address details necessary), by emailing yellowcard@mhra.gov.uk, by telephoning the Commission on Human Medicines (CHM) free phone line: 0800-731-6789, or by downloading and printing a form from the Yellow Card section of the MHRA website. You can also report side effects and device failures direct to the marketing authorisation holder at pv.uk@viatris.com.

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