







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 XL this morning? ✓ ✕							
Reminders for 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 your child experiences any side effects, talk to their doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. Side effects should be reported: reporting forms and information can be found at www.yellowcard.mhra.gov.uk. By reporting any side effects, you can help provide more information on the safety of this medicine. Side effects should also be reported to Viatris, Building 4, Trident Place, Hatfield Business Park, Mosquito Way, Hatfield, Hertfordshire, AL10 9UL, or by phone: 0800 121 8267 or by email: pv.uk@viatris.com.