



SUPPLEMENTS TRACKING FORM

Keeping Track of Your Supplements

Before each Functional Health and Nutrition appointment at Chesapeake Holistic, please update this form with info about your supplements (those you currently take *and* any you own that you are not currently taking). Note *approximately* how many you have left (e.g., ½ bottle, ¼ bottle...). You do not need to count / provide an exact number of supplements still in the bottles.

Bring to your appointment:

- *This document instead of the supplement bottles.* When we can see what you have on hand (by reading the document), it's easier to help you use up what you have at home versus ordering new supplements. The goal is to always use up what you have first.
- Bring any OTC supplements you did *not* get from us to *every* appointment, so we can scan these. What may have been fine to take since your last session may not work with what your body currently needs.

SUPPLEMENT NAME	BRAND	EXPIRATION DATE	ESTIMATE: HOW MANY LEFT? (e.g., full, ½ bottle, ¼ bottle...)