

# 14 Tricks to Remember to Take Your Supplements

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Deciding to take supplements to improve your health is easy. Remembering to taking them every day is *much* harder! Here are some tricks to remember to take your supplements.

1. If you prepare your lunches for the week in advance, pack supplements with each meal.
2. Keep a small container of supplements in your workspace in case you forget any at home.
3. Set a daily alarm on your phone. Set multiple alarms if you need to take supplements at different times (like at night or with food).
4. If you don't like phone alarms, set a recurring Google calendar notification.
5. Leave your supplements out in a visible area, such as your kitchen counter, bedside table, or a table near your door.
6. Place a note on your door that you can't avoid seeing on your way out.
7. Carry a day's worth of supplements in your daily bag.
8. Store a few day's worth of supplements in your car.
9. If you use project management tool or have a to-do list every day, add an item that tells you to take your supplements. Treat this task like any other work task.
10. Enlist the help of a friend who also takes supplements. Remind each other each day.
11. Instead of taking lots of individual pills, choose a supplement that combines multiple nutrients into one pill. This will reduce the likelihood that you will put off the task.
12. Tie your supplements 2 another daily activity, preferably something you enjoy. For instance take your supplements with your morning cup of coffee. This will create a habit.
13. Use a pill box to organize a week's worth of supplements at a time. This makes it easier to grab your pills a busy morning.
14. Take them at the same time every day. This helps create a pattern.