GLP-1 dose log EXAMPLE

MAX HP

One row per dose. When your prescriber changes your dose, draw a line and write the new dose step.

Name | Medication | Dose step and start date | Units (lb / kg)

DATE	TIME	DOSE	SITE	DAY AFTER	SIDE EFFECTS AND NOTES	WEIGHT
Sep 26	8:10 pm	7.5 mg	Abd. upper L	Off	Nausea, mild, 2 days	228.4
Oct 3	8:30 pm	7.5 mg	Abd. upper R	Great		227.0
Oct 10	7:55 pm	7.5 mg	Thigh L	Great	Tired the day after	225.8
Oct 17	9:15 pm	7.5 mg	Thigh R	Rough	Nausea, moderate. Ask about timing.	225.1
New dose step: 10 mg from Oct 24 (prescriber decided)						
				Great · Off · Rough		
				Great · Off · Rough		
				Great · Off · Rough		
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				Great · Off · Rough		

Day after: circle how the day after the dose felt. Write side effects with how strong (mild, moderate, severe) and how long they lasted.