Medication log: patient-recorded

MAX HP

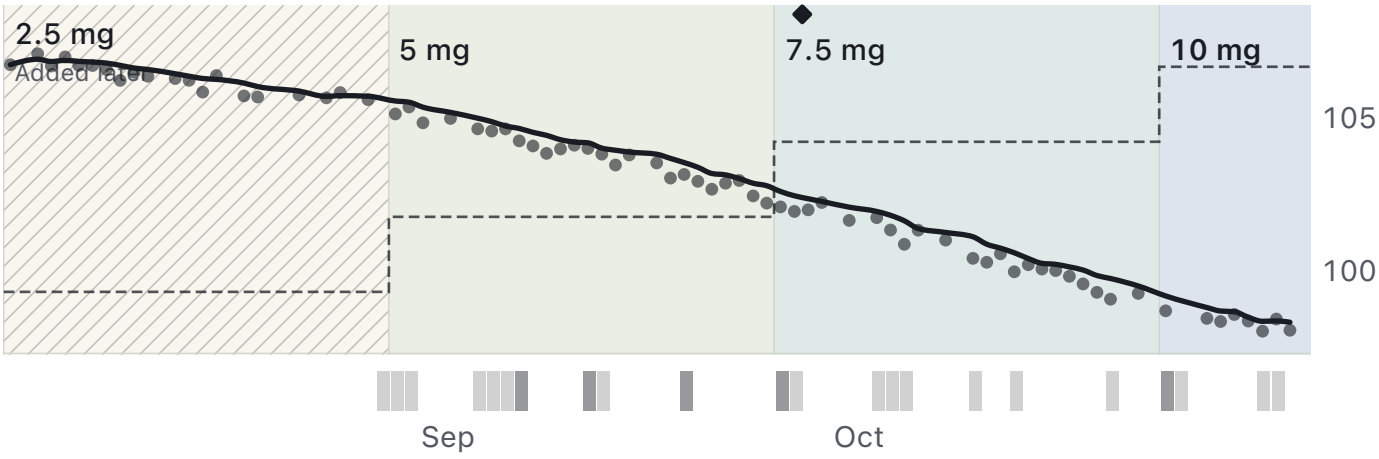
Tirzepatide pen (Tirzepatide)

Sample report (example data) · 26 Sep – 3 Nov

DOSE STEPS

Dose	Dates	Weeks	On time	Weight	Rate	Symptom days
5 mg	29 Aug – 26 Sep	4	4 of 4	−3.4 kg	−0.7 kg/wk	10
7.5 mg	26 Sep – 24 Oct	4	4 of 4	−2.9 kg	−0.8 kg/wk	8
10 mg	24 Oct – now	2 so far	2 of 2	−1.2 kg	−0.6 kg/wk	4

LADDER



SIDE EFFECTS BY WEEK



NOTES FOR MY PRESCRIBER

28 Sep — Nausea lasted two days after the first 7.5 mg dose. Ask whether timing the shot differently is worth trying.

Dose ledger 26 Sep – 3 Nov

MAX HP

Date	Time	Dose	Site	Status	Logged from
26 Sep 2026	20:02	**7.5 mg**	Left thigh	Taken	In app
3 Oct 2026	20:02	**7.5 mg**	Left arm	Taken	Lock Screen
10 Oct 2026	20:12	**7.5 mg**	Lower right abdomen	Taken	In app
17 Oct 2026	20:04	**7.5 mg**	Right thigh	Taken	In app
24 Oct 2026	20:02	**10 mg**	Upper left abdomen	Taken	In app
31 Oct 2026	20:03	**10 mg**	Lower left abdomen	Taken	In app