Medication log: patient-recorded

MAX HP

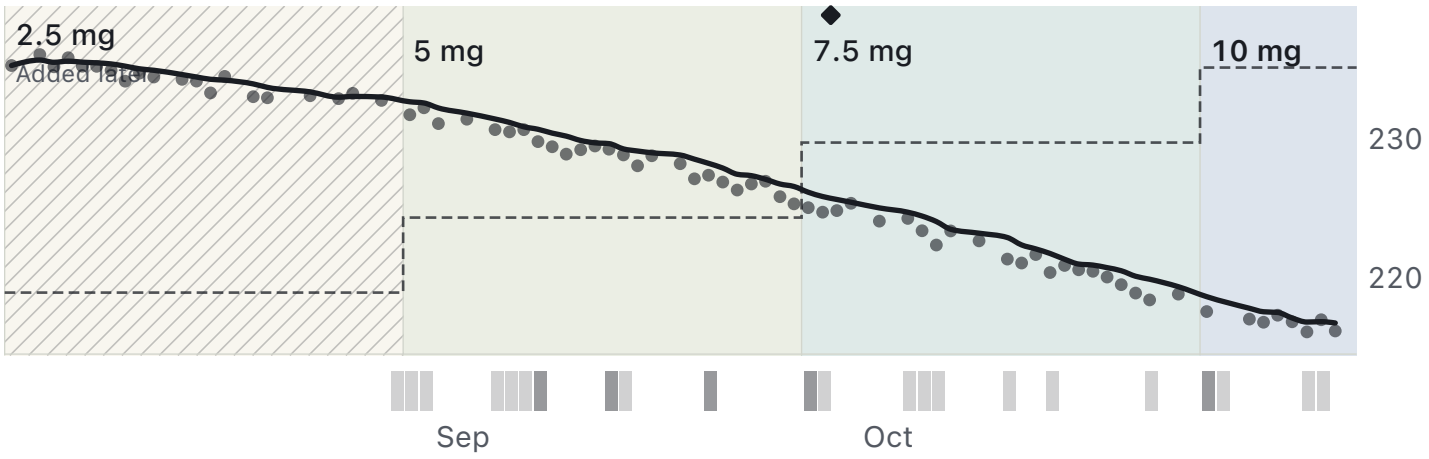
Tirzepatide pen (Tirzepatide)

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

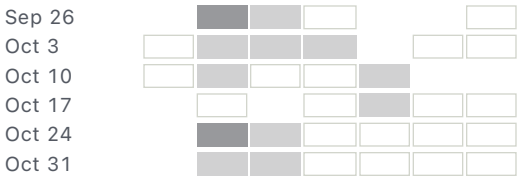
DOSE STEPS

Dose	Dates	Weeks	On time	Weight	Rate	Symptom days
5 mg	Aug 29 – Sep 26	4	4 of 4	−7.4 lb	−1.6 lb/wk	10
7.5 mg	Sep 26 – Oct 24	4	4 of 4	−6.5 lb	−1.8 lb/wk	8
10 mg	Oct 24 – now	2 so far	2 of 2	−2.6 lb	−1.3 lb/wk	4

LADDER



SIDE EFFECTS BY WEEK



None · Mild · Moderate · Severe · Empty boxes: no check-in.

NOTES FOR MY PRESCRIBER

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

Dose ledger Sep 26 – Nov 3

MAX HP

Date	Time	Dose	Site	Status	Logged from
Sep 26, 2026	8:02 PM	**7.5 mg**	Left thigh	Taken	In app
Oct 3, 2026	8:02 PM	**7.5 mg**	Left arm	Taken	Lock Screen
Oct 10, 2026	8:12 PM	**7.5 mg**	Lower right abdomen	Taken	In app
Oct 17, 2026	8:04 PM	**7.5 mg**	Right thigh	Taken	In app
Oct 24, 2026	8:02 PM	**10 mg**	Upper left abdomen	Taken	In app
Oct 31, 2026	8:03 PM	**10 mg**	Lower left abdomen	Taken	In app