# WEEKLY GLP-1
# INJECTION TRACKER

12-week reusable log

**Name (optional):** _____ **Usual injection day:** _____

| WEEK | DATE / TIME | DOSE (mg) | INJECTION AREA | EXACT SPOT | START WEIGHT | CURRENT WEIGHT | WEIGHT LOSS | NOTES / REACTION |
|---|---|---|---|---|---|---|---|---|
| 01 | | | | | | | | |
| 02 | | | | | | | | |
| 03 | | | | | | | | |
| 04 | | | | | | | | |
| 05 | | | | | | | | |
| 06 | | | | | | | | |
| 07 | | | | | | | | |
| 08 | | | | | | | | |
| 09 | | | | | | | | |
| 10 | | | | | | | | |
| 11 | | | | | | | | |
| 12 | | | | | | | | |

## YOUR ROTATION MAP

Record a new spot for each injection.



### Injection area reference

**Stomach / Thigh / Arm**

Exact spot: left/right + position

Stomach: 2 inches away from your belly button

Upper arm: have someone else inject for you.

**Use a different spot each week, even in the same area.**

Follow your prescribed device instructions. This is a tracking tool, not a dosing guide.

Do not inject into damaged, bruised, lumpy or irritated skin.