GLP-1 Weekly Tracker

Print one per week. Same day, same scale, same routine - then watch the trend.

Week of: My check-in day: _____

This week's numbers

Weight: _____

Strength - chair-stands in 30 seconds: _____

Daily hydration check (mark each day you met your target)

MON	TUE	WED	THU	FRI	SAT	SUN

Symptoms this week (what, how strong, what helped)

_____

_____

_____

Medication notes (dose day, changes discussed with my doctor)

_____

_____

Non-scale wins this week

_____

_____

Questions for my doctor

_____

_____

Three questions for every number: moving the way I expect? too fast? anything new?
One reading is noise. The trend is the signal.

This page helps you organize information. It is not medical advice - always work with your own doctor.