

GLP-1 journal

injection day

tracker

Date/day:

Medicine amount:

Vial draw: 1 2 3 4

Injection site:

My injection day must-haves:

- ☐ _____
- ☐ _____
- ☐ _____

Reaction tracker:

Symptom	Day						
	1	2	3	4	5	6	7
	1	2	3	4	5	6	7
	1	2	3	4	5	6	7
	1	2	3	4	5	6	7

Injection day

community tips



Hydrate! Make sure you are drinking water.

Having some protein before my injection has helped me.



I keep the same injection time every week.

I let my shot warm up for 30 minutes before injecting.



My partner helps me inject, so I make sure we have at least 30 minutes to go through the whole routine.

I review my injection information from the last week to make sure I'm switching up injection spots.