GLP-1 Treatment Tracker

A simple printable log to help you keep track of your prescribed treatment, symptoms, and questions for your healthcare professional.

Use this tracker as a record—not as dosing advice.
Follow the instructions from your prescriber and the official medication label. Do not start, stop, increase, decrease, or switch a medicine based on this worksheet.

1. My treatment details

Name (optional)		**Clinician / clinic**	
Medication name		**Start date**	
Prescribed dose / instructions Copy exactly from your prescription		**Prescribed schedule**	
Pharmacy / contact		**Next follow-up**	

2. Weekly treatment and symptom log

Record only what happened. For a missed dose, check your medication's official instructions or contact your pharmacist/clinician rather than guessing.

Date	Dose taken as prescribed?*	Symptoms / side effects	Other notes / questions

*This is a personal record, not a recommendation to take a dose. Follow your prescription and the medication label.

Appointments & Safety Notes

Bring this page or your completed tracker to your next appointment.

3. Questions for my healthcare professional

■	Are my current symptoms expected, or do they need assessment?
■	What should I do if I miss a dose or have trouble obtaining my medicine?
■	Are there medicines, supplements, or health conditions I should discuss?
■	When should I contact the clinic before my next scheduled appointment?

4. Notes for my next appointment

Get urgent medical help for severe or rapidly worsening symptoms.
For example, severe persistent abdominal pain, trouble breathing, fainting, or signs of a serious allergic reaction require urgent assessment. This list is not complete. Use your local emergency service when needed.

About this resource: This general tracking worksheet is for organization and discussion with a qualified healthcare professional. It does not diagnose, treat, or replace medical advice, and it is not a dosing, titration, or washout protocol. Medication instructions differ by product and situation; consult your prescriber and the official product information.

MedicalBluff shares evidence-focused health information. Always verify treatment decisions with a qualified healthcare professional.