

ClarityDTX | GLP-1 Injection Tracker

Print this page. Fill in one row per day (or per event). Bring to your next appointment.

Date	Dose (mg)	Injection Site	Time	Nausea (0-10)	Other Side Effects	Notes

Quick Reference: Rotate injection sites weekly. Track nausea and appetite changes. Report persistent vomiting to your prescriber.

Free mobile app: claritydtx.com/glp-1/ | Free Notion template: clarityapps.notion.site