

# ClarityDTX | GLP-1 Weight Tracker

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

Date	Weight (lb)	Waist (in)	Hunger (1-10)	Energy (1-10)	Exercise	Notes

**Quick Reference:** Weigh at the same time each day. Track hunger and energy alongside weight for the full picture.

Free mobile app: [claritydtx.com/glp-1/](https://claritydtx.com/glp-1/) | Free Notion template: [clarityapps.notion.site](https://clarityapps.notion.site)