

GLP-1 INJECTION *Tracker*

Print this and fill it in by hand, or let **GLP1ShotDay** do it automatically — log a shot in four seconds, get reminded before you forget, and never wonder which site you used last. **Free trial: 3 days weekly plan / 7 days yearly plan, no credit card.**

ROTATION ZONES — ONE PER WEEK

1

Abdomen L

2

Abdomen R

3

Thigh L

4

Thigh R

5

Arm L

6

Arm R

HOW TO USE THIS LOG

- Keep injection points at least 2.5–5cm apart within a zone.
- Never repeat the same zone two weeks in a row.
- Note any lump, firmness, or unusual pain at the site.

WEEK	DATE	MEDICATION	DOSE	SITE	NOTES / SIDE EFFECTS
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					