CAFEITY · FREE PRINTABLE

GLP-1 monthly journal

One month at a glance. Each day: tick the dose, note weight, and rate food noise and energy 0–5.

Month _____

Medicine _____

MON	TUE	WED	THU	FRI	SAT	SUN
date ___ dose □ wt _____ food noise __ energy __ protein □ water □	date ___ dose □ wt _____ food noise __ energy __ protein □ water □	date ___ dose □ wt _____ food noise __ energy __ protein □ water □	date ___ dose □ wt _____ food noise __ energy __ protein □ water □	date ___ dose □ wt _____ food noise __ energy __ protein □ water □	date ___ dose □ wt _____ food noise __ energy __ protein □ water □	date ___ dose □ wt _____ food noise __ energy __ protein □ water □
date ___ dose □ wt _____ food noise __ energy __ protein □ water □	date ___ dose □ wt _____ food noise __ energy __ protein □ water □	date ___ dose □ wt _____ food noise __ energy __ protein □ water □	date ___ dose □ wt _____ food noise __ energy __ protein □ water □	date ___ dose □ wt _____ food noise __ energy __ protein □ water □	date ___ dose □ wt _____ food noise __ energy __ protein □ water □	date ___ dose □ wt _____ food noise __ energy __ protein □ water □
date ___ dose □ wt _____ food noise __ energy __ protein □ water □	date ___ dose □ wt _____ food noise __ energy __ protein □ water □	date ___ dose □ wt _____ food noise __ energy __ protein □ water □	date ___ dose □ wt _____ food noise __ energy __ protein □ water □	date ___ dose □ wt _____ food noise __ energy __ protein □ water □	date ___ dose □ wt _____ food noise __ energy __ protein □ water □	date ___ dose □ wt _____ food noise __ energy __ protein □ water □
date ___ dose □ wt _____ food noise __ energy __ protein □ water □	date ___ dose □ wt _____ food noise __ energy __ protein □ water □	date ___ dose □ wt _____ food noise __ energy __ protein □ water □	date ___ dose □ wt _____ food noise __ energy __ protein □ water □	date ___ dose □ wt _____ food noise __ energy __ protein □ water □	date ___ dose □ wt _____ food noise __ energy __ protein □ water □	date ___ dose □ wt _____ food noise __ energy __ protein □ water □
date ___ dose □ wt _____ food noise __ energy __ protein □ water □	date ___ dose □ wt _____ food noise __ energy __ protein □ water □	date ___ dose □ wt _____ food noise __ energy __ protein □ water □	date ___ dose □ wt _____ food noise __ energy __ protein □ water □	date ___ dose □ wt _____ food noise __ energy __ protein □ water □	date ___ dose □ wt _____ food noise __ energy __ protein □ water □	date ___ dose □ wt _____ food noise __ energy __ protein □ water □

THIS MONTH

FOR MY PRESCRIBER

A record for your own use. Not medical advice — follow the instructions from your prescriber and the leaflet in your medicine's box.