CAFEITY · FREE PRINTABLE

30 GLP-1 journal prompts

Pick one a day and write for five minutes. There are no wrong answers, and nobody else needs to read it.

For the hard days

1	What is the hardest part of today, in one sentence?
2	What does my body need right now: food, water, rest, movement or quiet?
3	If today's worst symptom had a volume from 0 to 10, where is it — and what nudged it up or down?
4	What have I eaten and drunk in the last six hours? Is anything missing?
5	What would I say to a friend who felt like this today?
6	Which side effect bothers me most, and is it new, easing or getting worse?
7	Is anything today a reason to call my prescriber?
8	What is one small thing I can do in the next hour that later-me will thank me for?
9	Who could I tell how today is really going?
10	What has helped on a day like this before?

For the good days

11	What went well today, and what made it possible?
12	What did my body let me do today that it could not before?
13	Which meal today left me feeling best afterwards?
14	What am I proud of this week that has nothing to do with the scale?
15	When did I feel most like myself today?
16	Which habit felt easier this week than last?
17	What kind moment or compliment do I want to remember?
18	What would I like to try now that I would not have before?
19	Which non-scale win can I add to my list today?
20	What do I want to remember about this point in my journey?

For looking back and ahead

21	How is my appetite this week compared with last week?
22	How loud was food noise this week, and when was it loudest?
23	What patterns do I notice around my dose day?
24	Where does most of my protein come from, and what would be easy to add?
25	How did I sleep this week, and how did it shape the next day?
26	What do I want to ask at my next appointment?
27	What is working that I want to keep, whatever the scale says?
28	What is one thing I would change about next week?
29	How do I feel about my body today, in words that are not numbers?
30	Why did I start, and is that still my reason?

TODAY'S PROMPT, TODAY'S ANSWER

If a hard day includes severe stomach pain, vomiting that will not stop, or thoughts of harming yourself, contact a clinician or emergency services now.