



Your Trusted Wellness Platform

26-Week Peptide Protocol Tracker

Your Comprehensive Blueprint for Dosing Precision, Site Rotation, and Clinical Oversight

PATIENT NAME

PROTOCOL FOCUS

PRIMARY PROVIDER

START DATE

HOW TO USE THIS JOURNAL

Daily logging: Keep this journal accessible during peptide therapy. Record every dosage, injection, and subjective response.

What to track: Peptide name, exact dose in mcg/mg, units (U-100), injection site rotation, and your wellness rating (1-10).

Weekly notes: Summarize sleep quality, energy levels, recovery, and any localized reactions.

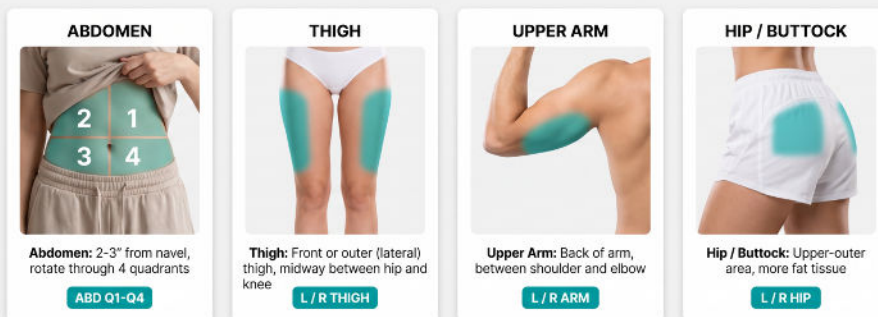
Provider review: Bring this complete log to monthly check-ins. Your documentation helps fine-tune timing and dosage.

INJECTION SITE ROTATION

Four Approved Site Regions

Not every protocol uses every region — always follow the specific sites your provider recommends for your peptide. Log which region and side you used each day so rotation is easy to confirm.

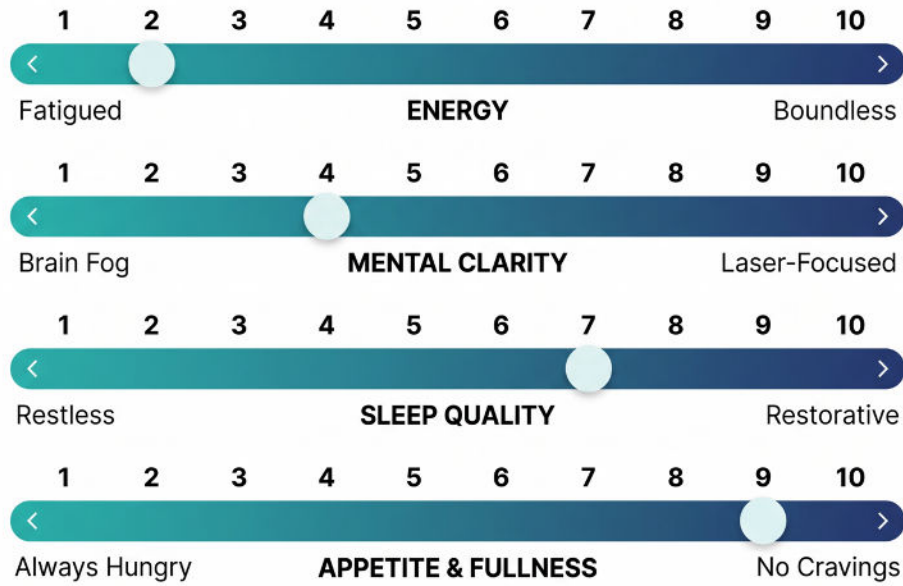
INJECTION SITE ROTATION GUIDE



Log format: Write the site code and side/quadrant each day — e.g. "ABD Q2," "L Thigh," "R Arm," "L Hip." Rotate so the same exact point isn't reused for at least 7 days.

Follow your provider's plan: Not all peptides are appropriate for every site. Your provider will confirm which of these sites, and how many rotation points within each, apply to your specific protocol.

SUBJECTIVE MARKER LEGEND



Daily Wellness Key: E = Energy · M = Mental Clarity · S = Sleep Quality · A = Appetite & Fullness — rate each 1–10 in the Wellness column below.

01

Weekly Protocol & Injection Log

Track daily dosing, site rotation, and wellness (E=Energy, M=Mental Clarity, S=Sleep, A=Appetite/Fullness — rate 1-10 each)

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WEEKLY NOTES (SLEEP, ENERGY, RECOVERY, LOCALIZED REACTIONS)

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