

KEYSTONE WELLNESS & WEIGHT LOSS CENTER

Tirzepatide & Semaglutide

My Injection Tracker

One step at a time, one week at a time.

NAME: _____	STARTING DOSE: _____ mg TOTAL UNITS: _____
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WEEK	DATE	DOSE (mg)	INJECTION SITE	WEIGHT	HOW I FEEL / NOTES
1					
2					
3					
4					
5					
6					

INJECTION REMINDERS <ul style="list-style-type: none">• Same day each week, any time of day.• Rotate sites: abdomen, thigh, or upper arm.• Stay at least 1 inch from your belly button.• Clean the site with an alcohol swab and let it dry.• Inject straight in (90°) and count to 5 before removing.• Forgot a dose? Call us — don't double up.	MEDICATION STORAGE <ul style="list-style-type: none">• Keep refrigerated (36°-46°F) — do not freeze.• Store upright in the original container, away from light.• Never use medication that has been frozen or left out overnight.• Check the expiration date before every injection.• Traveling? Use a small insulated cooler with an ice pack.• Dispose of needles in a sharps container — never the trash.
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