

GLP-1 Side Effects & Weight Checklist

On Ozempic, Wegovy, Mounjaro or Zepbound? Tick what you've felt this week and bring it to your appointment.

Digestive

- Nausea
- Vomiting
- Constipation
- Diarrhea
- Reflux / burping
- Bloating

Energy & body

- Fatigue
- Headache
- Dizziness
- Hair thinning
- Feeling weaker

Appetite & intake

- Very low appetite
- Forgetting to eat
- Not enough protein
- Not enough water

Injection & dose

- Injection-site soreness
- Missed a dose
- Dose changed this week

Quick 7-day check (write 0 = none to 5 = severe)

	M	T	W	T	F	S	S
Nausea							
Fatigue							
Appetite							
Protein							
Water							

Get the full GLP-1 Side Effects Log & Weight Tracker

Auto protein & hydration calculator, 18-effect heatmap, optional injection log, and a one-page Doctor Visit Summary. Google Sheets + Excel + printable PDF.

<https://5063215777303.gumroad.com//glp1-weight-loss-journey-tracker>

Personal tracking aid, not medical or veterinary advice. It supports — not replaces — your professional.