

Weight Loss Shots Tracker

Membership Payment Date:

 : Request Refill Reminder

Weight	Medication	Dose	Date of 1st shot:	Weight
			<input type="radio"/> <input type="radio"/> <input checked="" type="radio"/> <input type="radio"/>	
Weight	Medication	Dose	Date of 1st shot:	Weight
			<input type="radio"/> <input type="radio"/> <input checked="" type="radio"/> <input type="radio"/>	
Weight	Medication	Dose	Date of 1st shot:	Weight
			<input type="radio"/> <input type="radio"/> <input checked="" type="radio"/> <input type="radio"/>	
Weight	Medication	Dose	Date of 1st shot:	Weight
			<input type="radio"/> <input type="radio"/> <input checked="" type="radio"/> <input type="radio"/>	
Weight	Medication	Dose	Date of 1st shot:	Weight
			<input type="radio"/> <input type="radio"/> <input checked="" type="radio"/> <input type="radio"/>	
Weight	Medication	Dose	Date of 1st shot:	Weight
			<input type="radio"/> <input type="radio"/> <input checked="" type="radio"/> <input type="radio"/>	
Weight	Medication	Dose	Date of 1st shot:	Weight
			<input type="radio"/> <input type="radio"/> <input checked="" type="radio"/> <input type="radio"/>	
Weight	Medication	Dose	Date of 1st shot:	Weight
			<input type="radio"/> <input type="radio"/> <input checked="" type="radio"/> <input type="radio"/>	
Weight	Medication	Dose	Date of 1st shot:	Weight
			<input type="radio"/> <input type="radio"/> <input checked="" type="radio"/> <input type="radio"/>	

Weight Loss Shot Tracker Instruction Sheet

Congratulations on taking the first step towards achieving your weight loss goals! Our Weight Loss Shot Tracker is designed to help you keep track of important information related to your membership, medication, shots taken, and weight loss progress. Please follow the instructions below to use the tracker effectively:

Membership Payment Date:

Enter the date of your membership payment in the designated section. This will help you stay on top of your membership dues and ensure uninterrupted access to our weight loss program.

Medication and Dose:

Record the name of your medication and the prescribed dose in the provided space. This information will help you keep track of your medication regimen and ensure that you're taking the correct dosage as prescribed by your healthcare provider.

Date of 1st shot:

Use the "Date of 1st shot" section to record the date on which you take your first weight loss shot per refill. Mark each circle as you inject your shots each week to keep track of your progress and adherence to your treatment plan.

Reminder to Refill:

When you get to your third shot or the blue circle, it's time to request a refill for your medication. This helps to ensure that you have an uninterrupted supply of medication. Call or text us at (801) 930-9381.

Weight Loss Progress:

Track your weight loss progress in the designated area. Record your starting weight in the first section then your weight after you inject your 4th shot. This will help you monitor your progress and celebrate your successes along the way.

Please feel free to reach out to our team if you have any questions or need assistance with your weight loss journey. We're here to support you every step of the way and help you achieve your health and wellness goals.

[Disclaimer: Please consult with your healthcare provider before making any changes to your medication regimen or weight loss program. This tracker is intended for personal use and should not replace professional medical advice or treatment.]