A free GLP-1 tracking sheet, ready for your records.

The template starts empty and does not send your completed spreadsheet or printed notes to GlowBack. Your spreadsheet app, browser, storage service, or recipient may handle files you choose to save or share.

Date & time	Medication	Dose & unit	Injection site	Symptoms & severity	Weight & unit	Notes

This downloadable sheet is separate from the app's PDF/CSV export. It is not an import file for GlowBack, does not automatically synchronize, and does not calculate medication levels.
www.glowback.app/templates/glp-1-tracking-template