



PepLedger

Your personal health log

Weekly Shot Log

Never miss a dose. See what's still active.

NAME _____

WEEK OF _____

DATE	TIME	COMPOUND	DOSE	UNIT	SITE	NOTE	NEXT DUE

WEEK AT A GLANCE — TICK EACH DAY YOU LOGGED

Mon	Tue	Wed	Thu	Fri	Sat	Sun
☐	☐	☐	☐	☐	☐	☐

SITES USED THIS WEEK — ROTATE, DON'T REPEAT

☐ Abdomen L	☐ Abdomen R	☐ Thigh L	☐ Thigh R
☐ Glute L	☐ Glute R	☐ Arm L	☐ Arm R



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Mon	Tue	Wed	Thu	Fri	Sat	Sun
☐	☐	☐	☐	☐	☐	☐

SITES USED THIS WEEK — ROTATE, DON'T REPEAT

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DATE	TIME	COMPOUND	DOSE	UNIT	SITE	NOTE	NEXT DUE

WEEK AT A GLANCE — TICK EACH DAY YOU LOGGED

Mon	Tue	Wed	Thu	Fri	Sat	Sun
☐	☐	☐	☐	☐	☐	☐

SITES USED THIS WEEK — ROTATE, DON'T REPEAT

☐ Abdomen L	☐ Abdomen R	☐ Thigh L	☐ Thigh R
☐ Glute L	☐ Glute R	☐ Arm L	☐ Arm R



Never miss a dose. See what's still active.

Compound(s)

Tick each day you logged

Sun



Never miss a dose. See what's still active.

Month of _____

[illegible]



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Your personal health log

Cycle Log

Never miss a dose. See what's still active.

Name _____

Compound _____	Cycle start _____	Cycle end _____	Planned schedule _____
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Date	Time	Compound	Dose	Unit	Site	Note	Next due

Days into cycle, tick as you go

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Shot Log

Never miss a dose. See what's still active.



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Your personal health log

Name _____

Week of _____

Sites this week ☐ Abdomen L ☐ Abdomen R ☐ Thigh L ☐ Thigh R ☐ Glute L ☐ Glute R ☐ Arm L ☐ Arm R



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Your personal health log

Two-Week Shot Log

Never miss a dose. See what's still active.

Name _____

Compound _____

Week 1 starting _____

Date	Time	Compound	Dose	Unit	Site	Note	Next due

Week 2 starting _____

Date	Time	Compound	Dose	Unit	Site	Note	Next due

