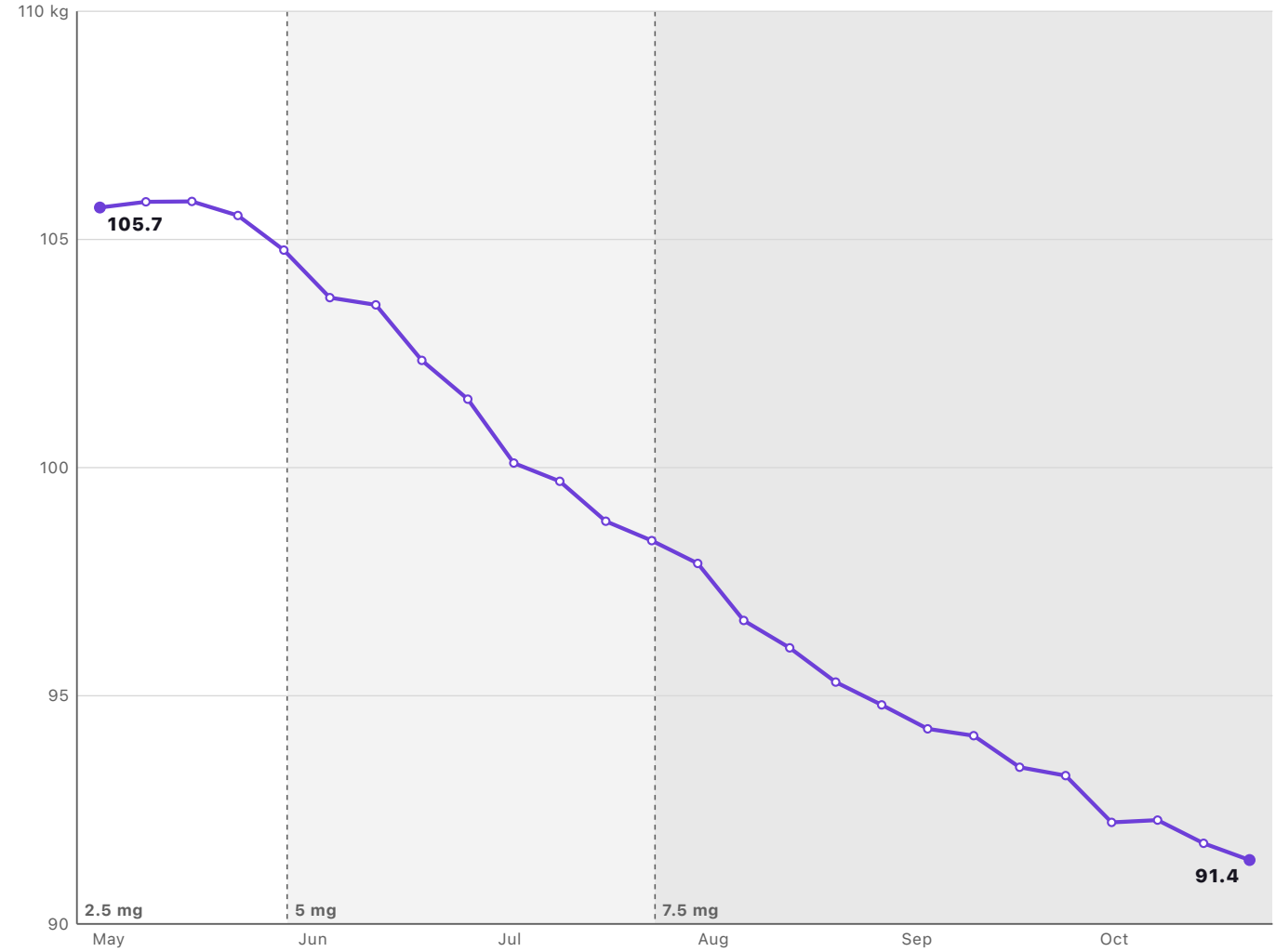
Overview

SINCE THE 1ST INJECTION · APR 30 - OCT 18, 2026 · 24 WEEKS

SINCE START	MEAN PACE	ADHERENCE	TREATMENT
-14.3 kg	**-0.59**	**25 / 25**	**7.5 mg**
-13.5% · 105.7 → 91.4	kg / week	100% within ±2 days	Mounjaro · 1×/wk

WEIGHT AND DOSE STEPS · ONE VALUE PER WEEK



WEIGHT LOSS MILESTONES

-5% on Jun 29	-10% on Aug 22	-15%: not yet
8 weeks after the 1st injection · 5 mg	16 weeks after the 1st injection · 7.5 mg	1.6 kg (89.8 kg) to go

SINCE START

Measure	Apr 30	Oct 18	Change
Weight	105.7 kg	91.4 kg	-14.3 kg
BMI	35.7	30.9	-4.8
Waist	121 cm (May 6)	109 cm (Oct 15)	-12 cm
Body fat	36.4%	31.1% (Oct 15)	-5.3 pts
Steps per day (first 4 / last 4 weeks)	6,200	5,750	-450

TREATMENT AT A GLANCE

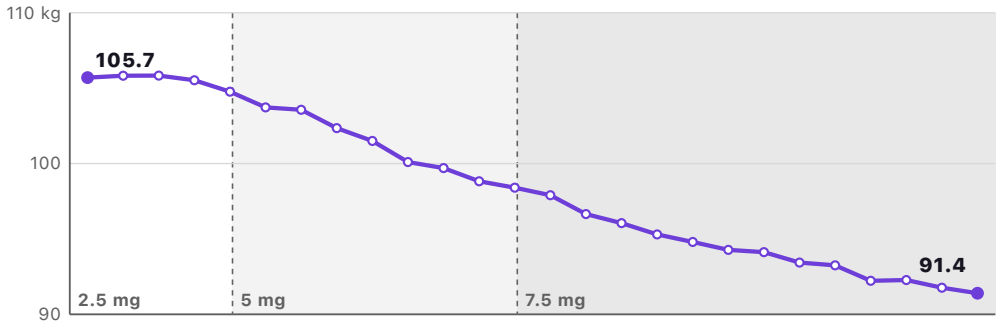
Mounjaro · Tirzepatide | Dose steps: 2.5 → 5 → 7.5 mg | 25 injections in 24 weeks | Current dose since Jul 23

Data entered by the patient in PocketGLP. No identity. Does not replace a medical record.

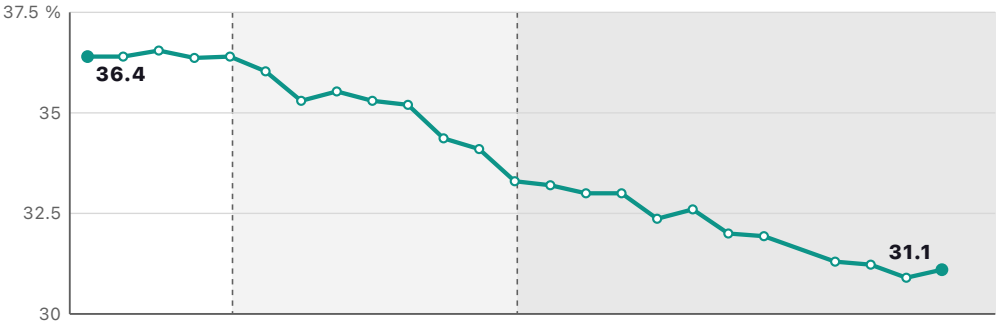
Body and activity

SINCE THE 1ST INJECTION · ONE VALUE PER WEEK

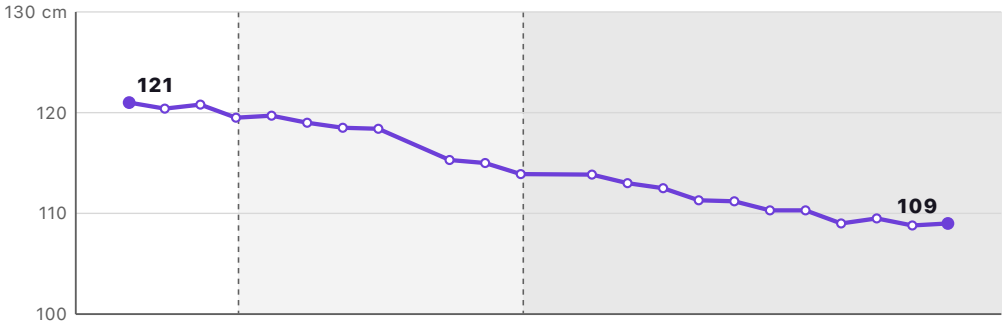
WEIGHT
91.4 kg
-14.3 kg since start



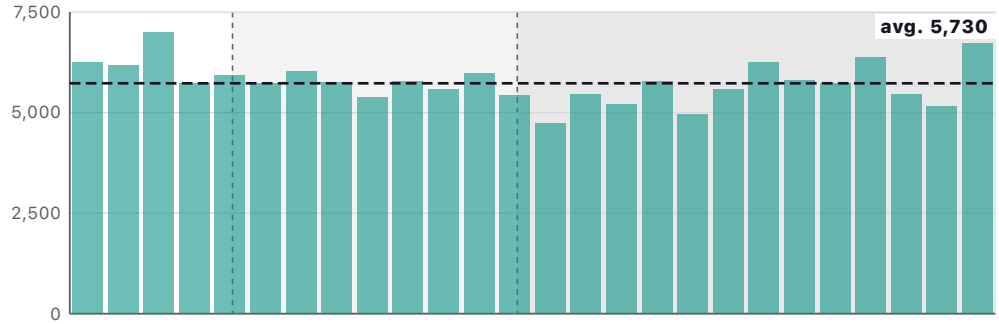
BODY FAT
31.1 %
-5.3 pts since start



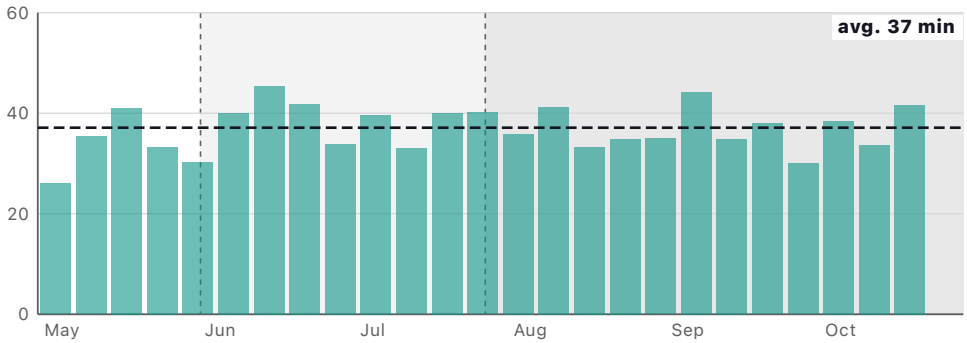
WAIST
109 cm
-12 cm since start
23 measurements



STEPS PER DAY
5,730
mean over the period



EXERCISE
37 min/day
mean over the period

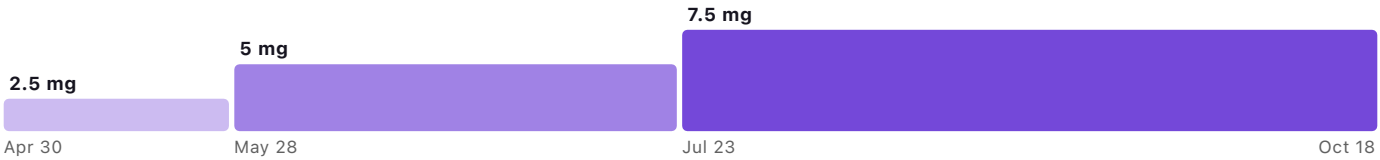


The charts share the same date axis: a dose change reads on every curve at the same time.

Treatment and injections

SINCE THE 1ST INJECTION

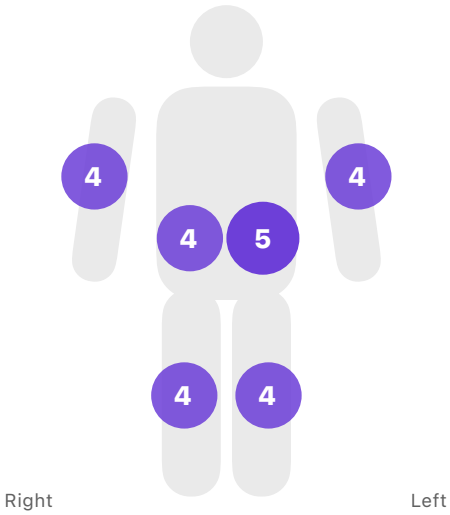
TITRATION



ADHERENCE: ONE BOX PER EXPECTED INJECTION

Injections within ±2 days of the planned day: 25 of 25 expected. Median interval 7 d. Filled: within ±2 days. Outline: off schedule. Empty: missed.

SITE ROTATION (25 INJECTIONS)



LAST INJECTIONS

Date	Dose	Site
Oct 15	7.5 mg	Abdomen left
Oct 8	7.5 mg	Arm right
Oct 1	7.5 mg	Arm left
Sep 24	7.5 mg	Thigh right
Sep 17	7.5 mg	Thigh left
Sep 10	7.5 mg	Abdomen right

No site used twice in a row.

DAYS BETWEEN INJECTIONS

median 7 d · min 7 · max 7

Tolerance and check-ins

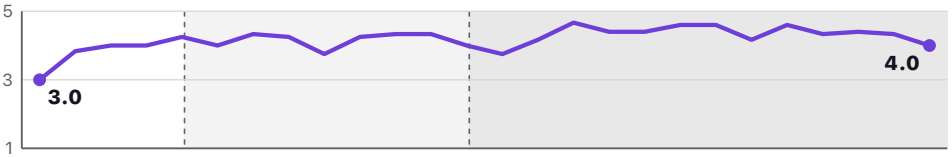
SINCE THE 1ST INJECTION

AFTER EACH INJECTION: MEAN DISCOMFORT PER DAY · 0 = NO DISCOMFORT, 4 = STRONG

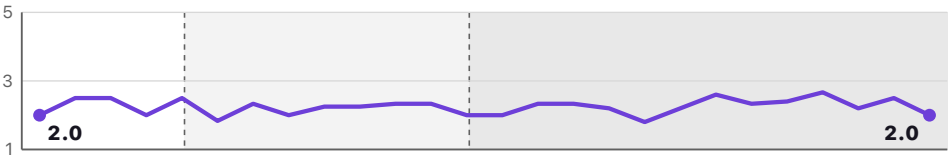
	D+0	D+1	D+2	D+3	D+4	D+5	D+6
Nausea	1.3	2.1	0.6	0.6	0.3	0.2	0.3
Reduced appetite	2.6	2.4	1.3	1.6	0.4	0.7	0.9
Bowel upset	1.4	2.5	1.1	1.3	0.8	0.7	0.7
Fatigue	2.4	2.5	1.3	1.1	1.1	1.1	0.8
Poor sleep	2.2	2.6	1.4	1.2	1.6	1.5	1.4

CHECK-INS AND SLEEP · ONE VALUE PER WEEK · SCALE 1 TO 5 · ZONES = DOSE STEPS

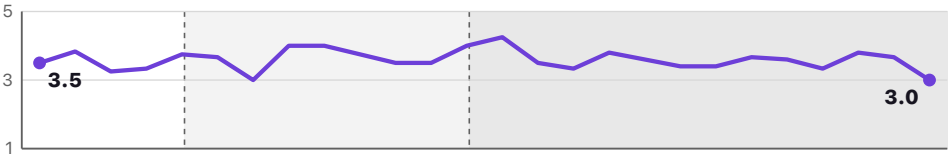
NAUSEA
4.2 / 5
5 = none



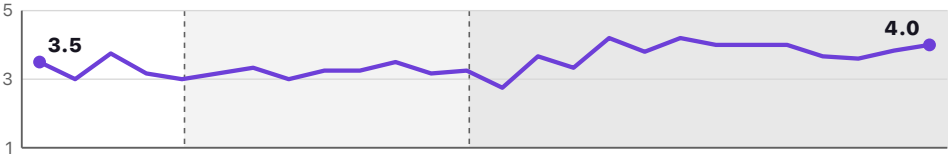
APPETITE
2.3 / 5
5 = very hungry



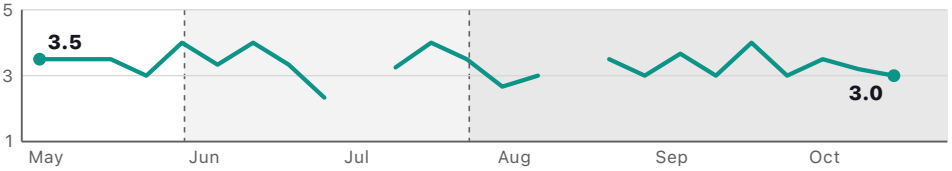
BOWEL TRANSIT
3.6 / 5
3 = normal



ENERGY
3.5 / 5
5 = energetic



SLEEP
3.3 / 5
5 = excellent · 60 nights

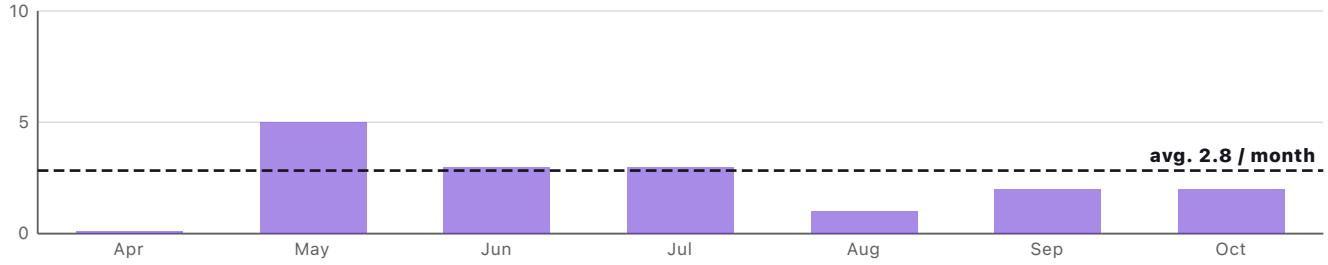


Night bathroom trips: **0.4** / night

Causes: **Toilet**, **Reflux**, **Dreams**

LOGGED EVENTS · 16

Burping **6** · avg. 2.3 | Heartburn **5** · avg. 2.6 | Headache **3** · avg. 1.7 | Injection site reaction **2** · avg. 1.5

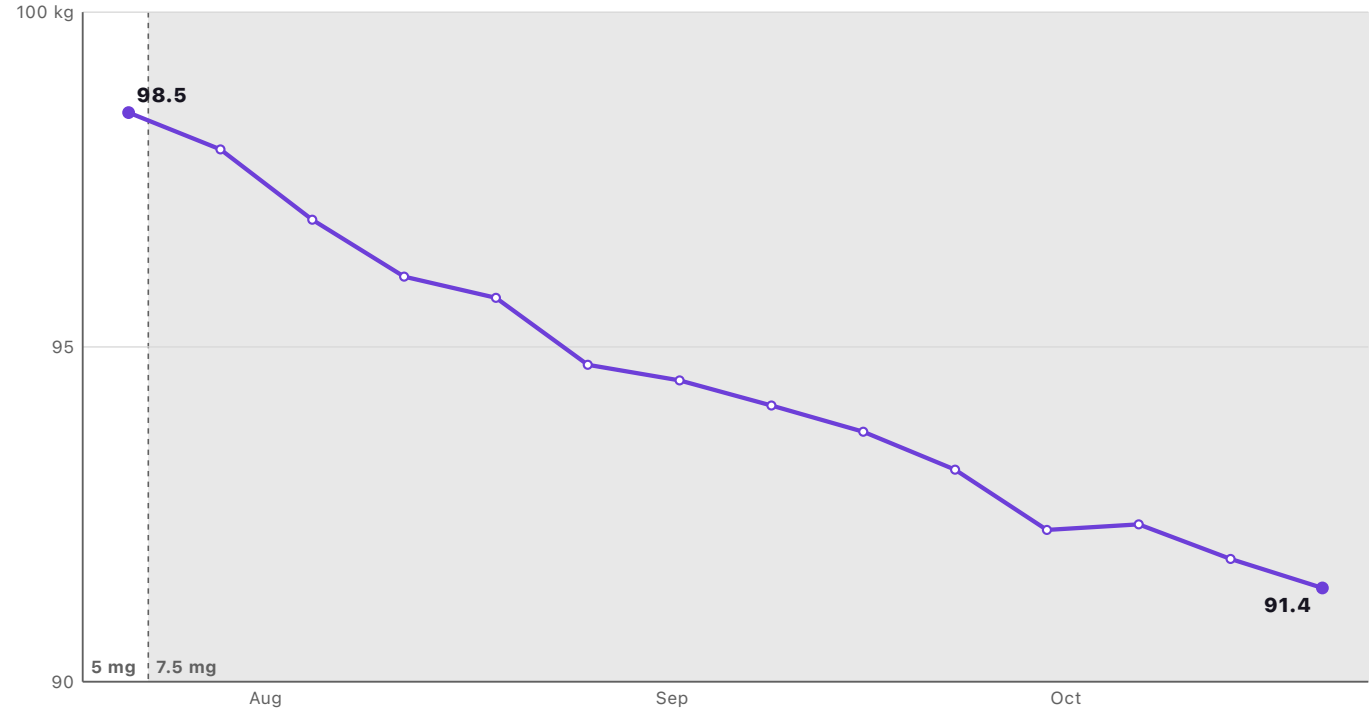


Recent focus

LAST 3 MONTHS · JUL 18 - OCT 18, 2026 · COMPARED WITH THE 3 MONTHS BEFORE

WEIGHT OVER 3 MONTHS	PACE OVER 3 MONTHS	ADHERENCE	DOSE
-7.1 kg	**-0.54**	**13 / 13**	**7.5 mg**
-7.2% · 98.5 → 91.4	kg/wk · before -0.66	100% within ±2 days	since Jul 23

WEIGHT AND DOSE STEPS · ONE VALUE PER WEEK



RECENT AND BEFORE

Indicator	Jul 18 - Oct 18	Apr 30 - Jul 17	Change
Weight pace (kg/wk)	-0.54	-0.66	+0.12
Steps per day	5,548	5,944	-396
Exercise (min/day)	37	37	≈
Nausea (5 = none)	4.3	4.1	+0.2
Appetite (5 = very hungry)	2.3	2.2	+0.1
Bowel transit (3 = normal)	3.6	3.6	≈
Energy (5 = energetic)	3.7	3.2	+0.5
Sleep (5 = excellent)	3.2	3.4	-0.2
Night bathroom trips (per night)	0.5	0.4	+0.1
Events (per month)	7 (2.3 / month)	9 (3.5 / month)	fewer

EVENTS IN THE PERIOD · 7

Burping 3 · Heartburn 2 · Headache 1 · Injection site reaction 1

Made with PocketGLP
The free app for tracking GLP-1 treatments, with no account and no ads. The data stays on the patient's phone.
synlink.fr/pocketglp