



PocketGLP follow-up report

Patient self-tracking summary · no personal identity

Includes: 3 months (weekly) + 1 year (monthly)

Generated: Aug 16, 2026 at 12:00 PM

Treatment

Mounjaro

Current dose: 7.5 mg · Every 7 days · pen · Last: Aug 13, 2026 · 7.5 mg

Dose titration (logged)

Date	Dose	Duration	Shots
Feb 26, 2026	2.5 mg	28 d	4
Mar 26, 2026	5 mg	55 d	8
May 21, 2026	7.5 mg	86 d	13

Since first injection

Metric	Start date	Start	End date	End	Change
Weight	Feb 26, 2026	105.5 kg	Aug 16, 2026	92.2 kg	-13.3 kg
BMI	Feb 26, 2026	35.7	Aug 16, 2026	31.2	-4.5
IMG	Feb 26, 2026	36.6 %	Aug 16, 2026	31.2 %	-5.4 pp
Waist	Feb 26, 2026	121.4 cm	Aug 16, 2026	108.9 cm	-12.5 cm

Summary

Last 3 months (weekly)

Weight change -6.9 kg (-7 %)	kg / week -0.5 kg/wk	Injections 13 · med. 7 d	Events 7
Avg steps / day 5,781	Avg exercise min / day 28.3	Adherence 13 / 13 expected	On time (±2 d) 100 %

Last 12 months (monthly)

Weight change -12.6 kg (-12 %)	kg / week -0.2 kg/wk	Injections 25 · med. 7 d	Events 19
Avg steps / day 4,883	Avg exercise min / day 19.1	Adherence 25 / 25 expected	On time (±2 d) 100 %

Expected shots counted from first injection (Feb 26, 2026).

Injection sites (since first shot)

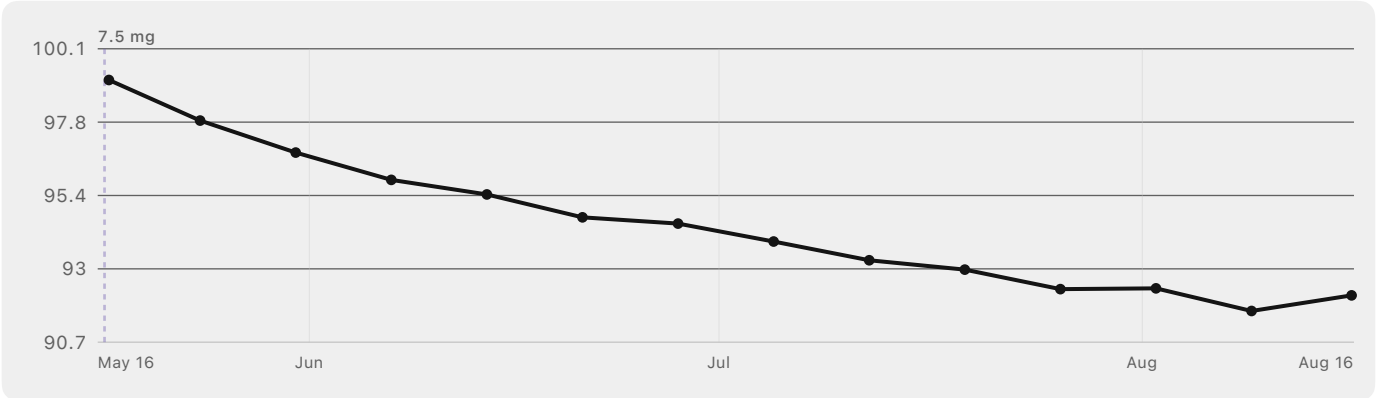
Rotation summary for discussion (lipohypertrophy risk if same site repeated).

Site	Count	Share
Abdomen left	5	20 %
Arm right	4	16 %
Abdomen right	4	16 %
Thigh right	4	16 %
Arm left	4	16 %
Thigh left	4	16 %

Part A - Recent (3 months)

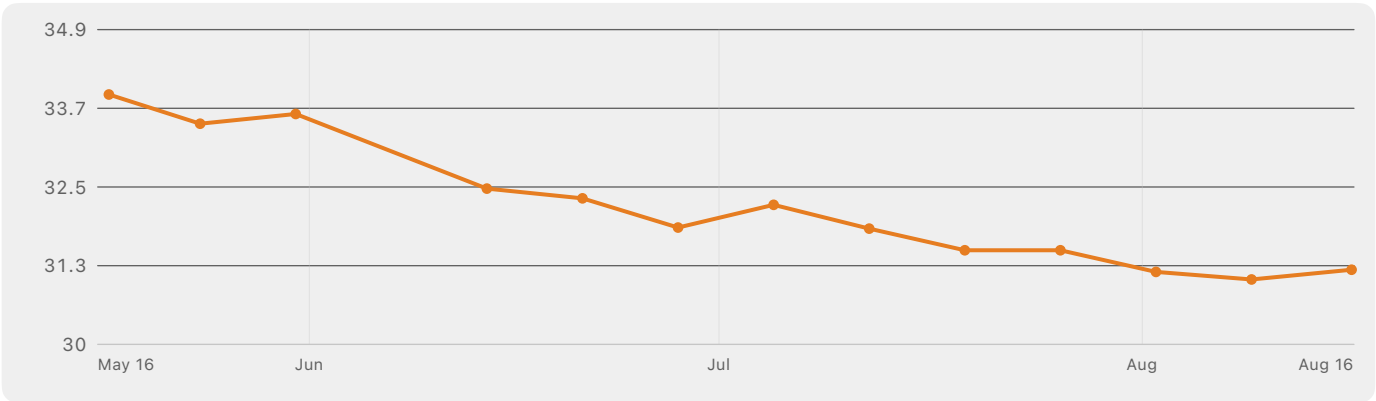
May 16, 2026 - Aug 16, 2026 · aggregation: Week

Weight trend

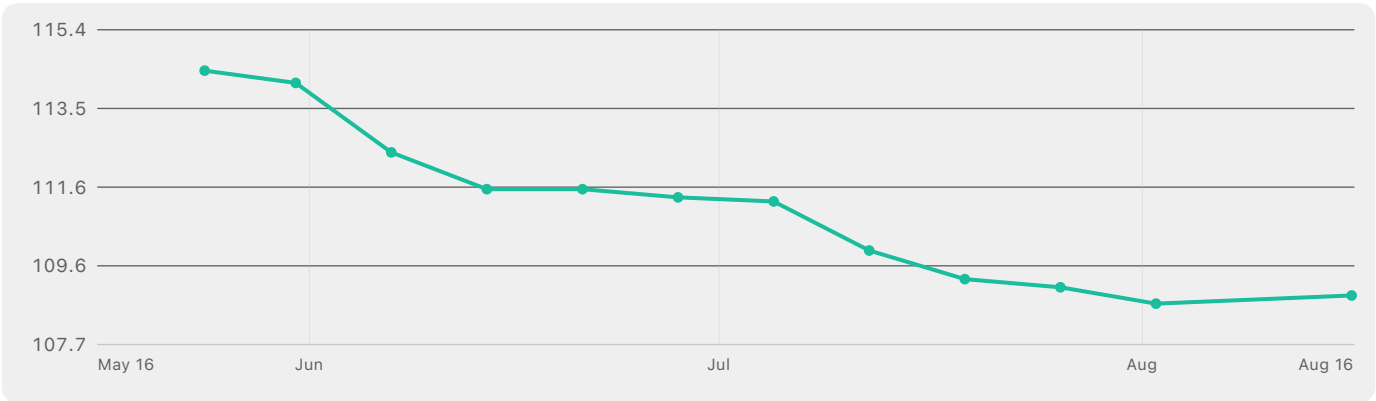


Solid line: weight (kg). Vertical dashes: dose changes.

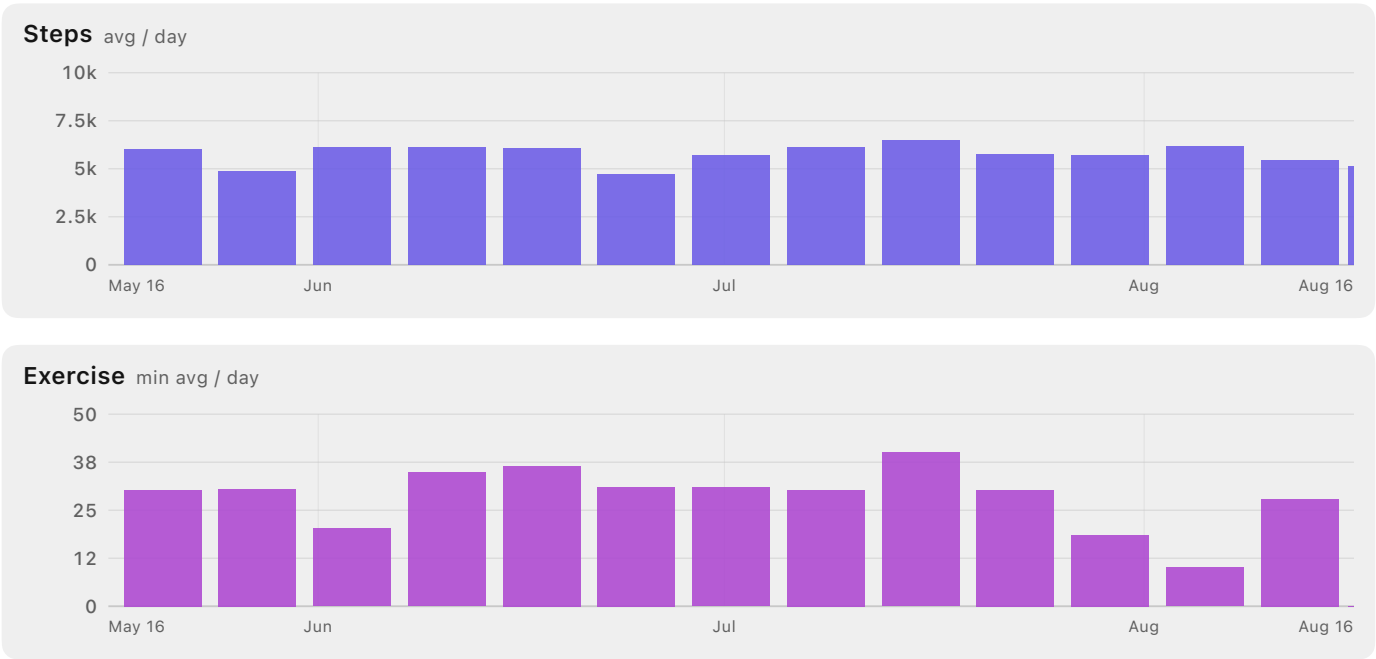
IMG



Waist

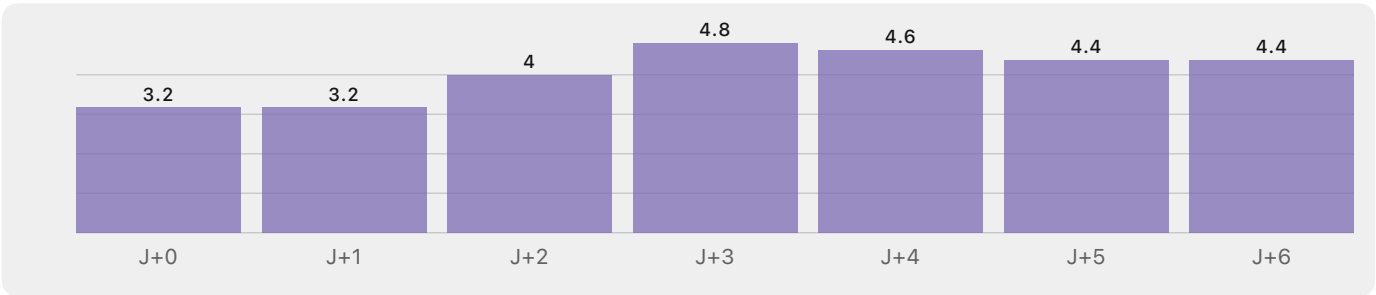


Activity



Side effects over the injection week

Goal: spot patterns after a shot (e.g. worse on day 2-3). Each log is placed on J0...J6 = days since the previous injection, then averaged.



What is averaged: (1) intensity of one-off events (headache, site reaction, ...) and (2) daily nausea score only - not appetite, transit, or energy. Those four trends are on the next pages. Scale 1-5. Empty day = no logs that day after a shot.

Symptom events (7)

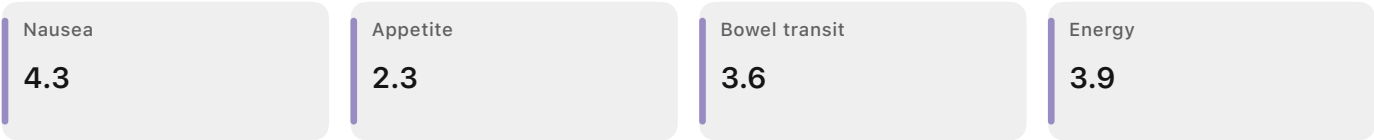
Type	Count	Avg severity
Burping	3	2.3
Heartburn	2	2
Injection site reaction	1	2
Headache	1	1

Part A - Daily feelings (3 months)

May 16, 2026 - Aug 16, 2026 · aggregation: Week

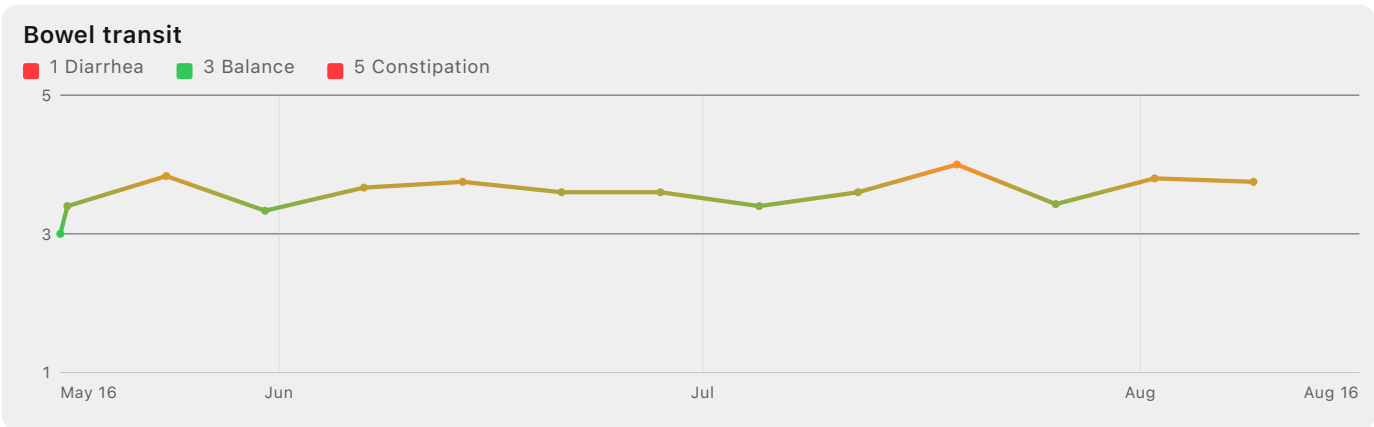
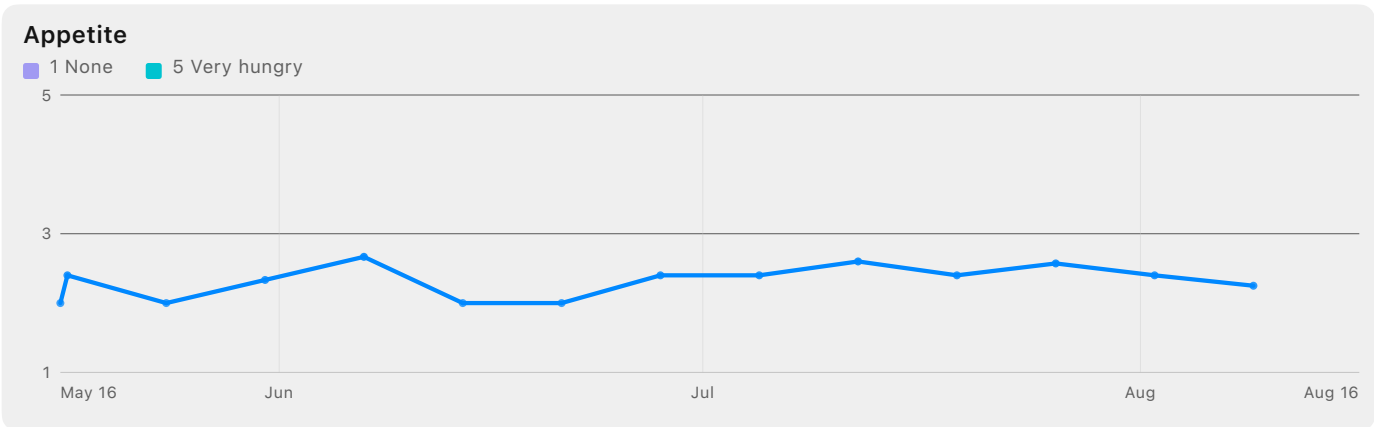
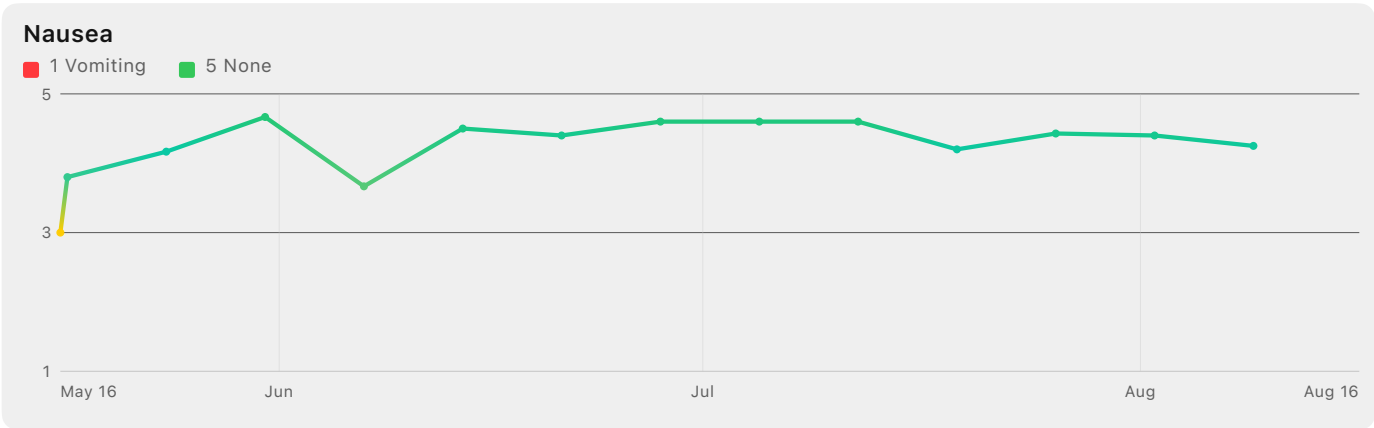
Daily check-ins

63 check-ins · scale 1-5



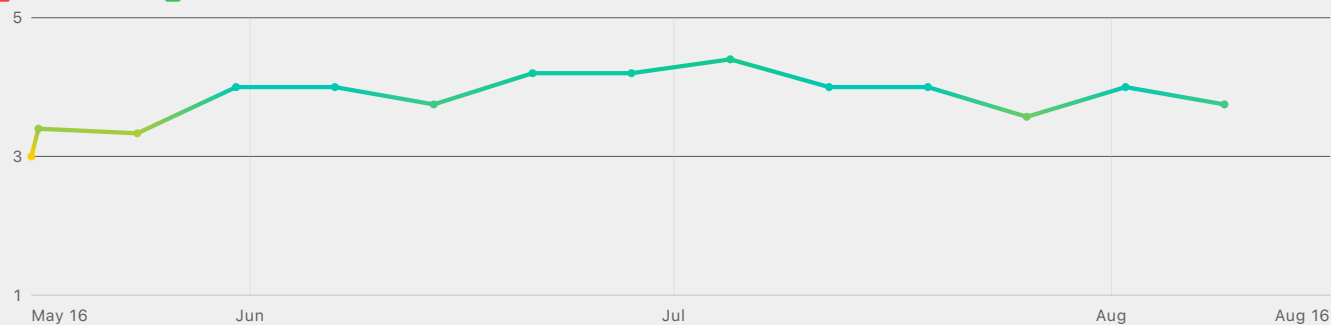
22 nights · avg sleep quality 3.3 (scale 1-5)

Feeling scores (1-5), averaged per bucket. Each chart has its own scale (higher is not always better).



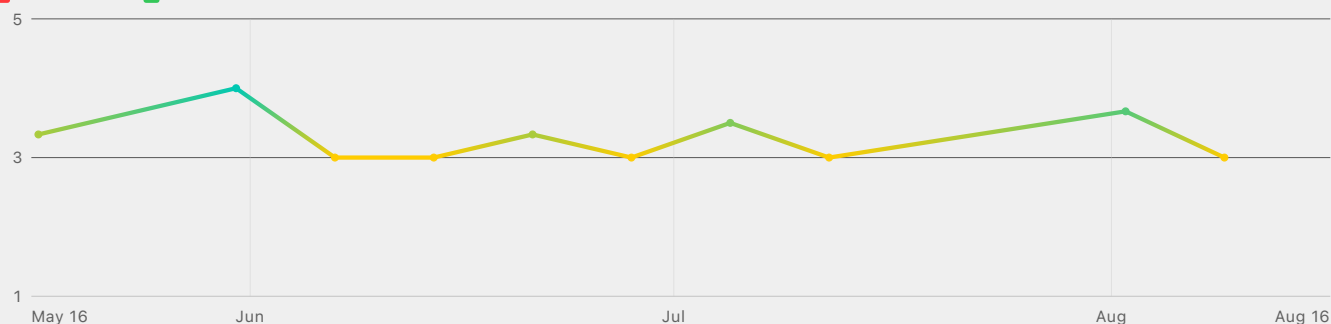
Energy

1 Exhausted 5 Energetic



Sleep

1 Horrible 5 Excellent



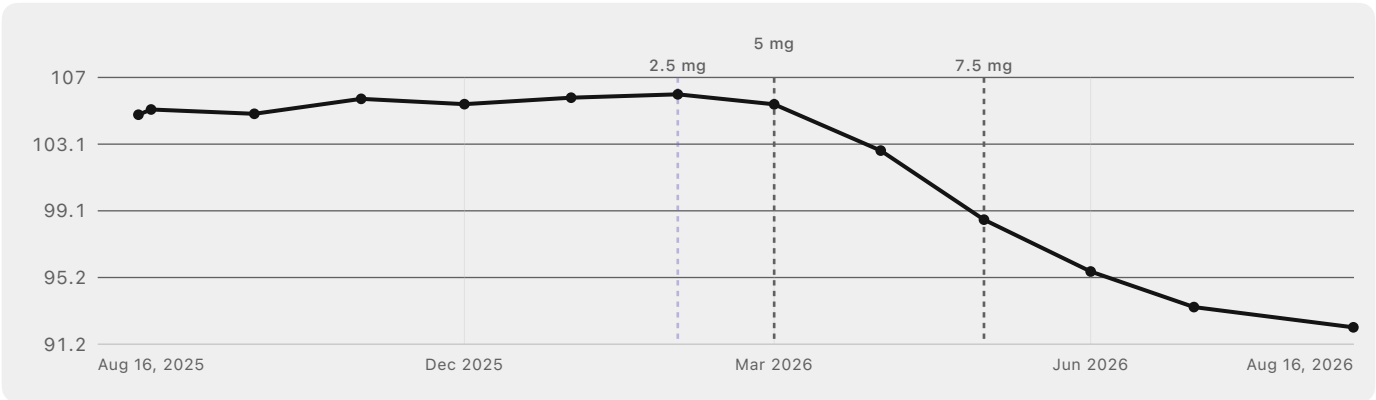
Nights (sleep quality)

Date	Sleep	Tags
May 19, 2026	4	-
May 21, 2026	3	Reflux
May 23, 2026	3	-
May 31, 2026	4	Toilet
Jun 8, 2026	3	-
Jun 14, 2026	3	-
Jun 21, 2026	3	Toilet
Jun 24, 2026	3	-
Jun 27, 2026	4	-
Jun 29, 2026	3	Toilet
Jul 4, 2026	3	Toilet
Jul 5, 2026	3	Toilet
Jul 11, 2026	4	Toilet
Jul 13, 2026	3	-
Jul 16, 2026	3	Toilet, Reflux
Jul 18, 2026	3	Dreams
Aug 2, 2026	4	-
Aug 3, 2026	3	Dreams
Aug 5, 2026	4	-
Aug 11, 2026	4	-
Aug 12, 2026	3	Toilet
Aug 14, 2026	2	Toilet, Reflux

Part B - Long-term (1 year)

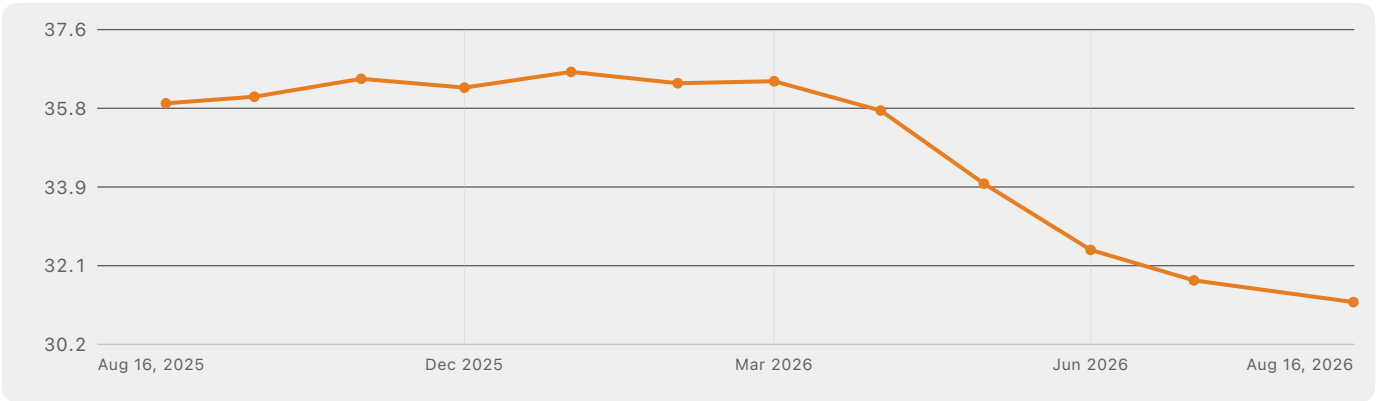
Aug 16, 2025 - Aug 16, 2026 · aggregation: Month

Weight trend

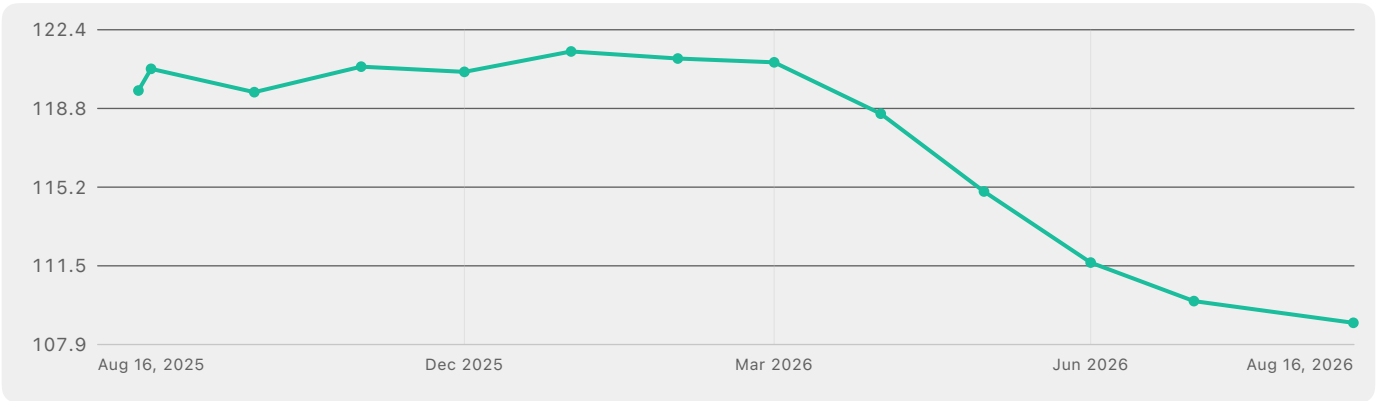


Solid line: weight (kg). Vertical dashes: dose changes.

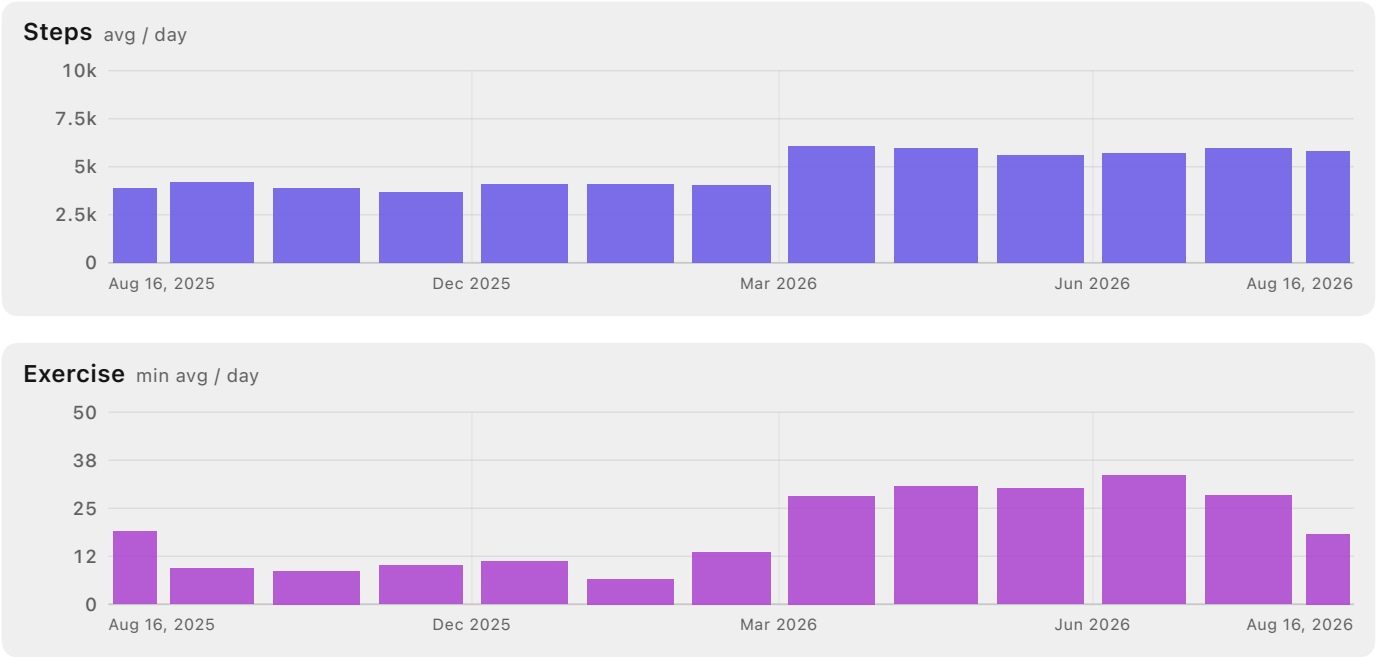
IMG



Waist



Activity



Symptom events (19)

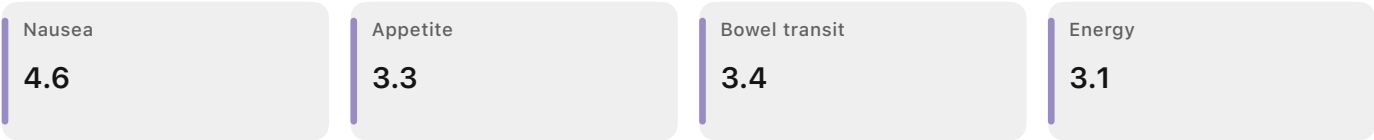
Type	Count	Avg severity
Heartburn	7	2.4
Burping	6	2.3
Headache	4	1.8
Injection site reaction	2	1.5

Part B - Daily feelings (1 year)

Aug 16, 2025 - Aug 16, 2026 · aggregation: Month

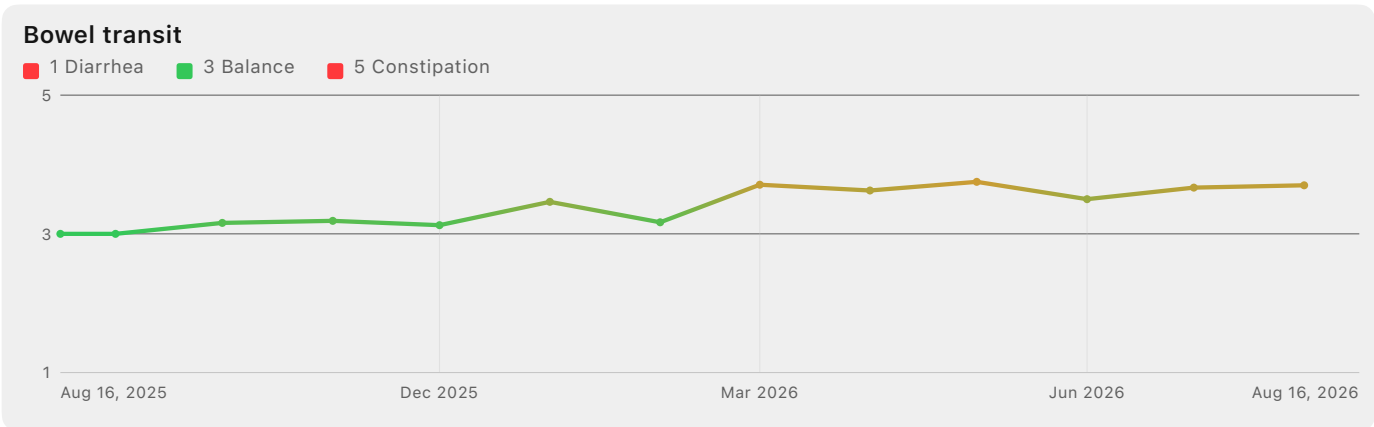
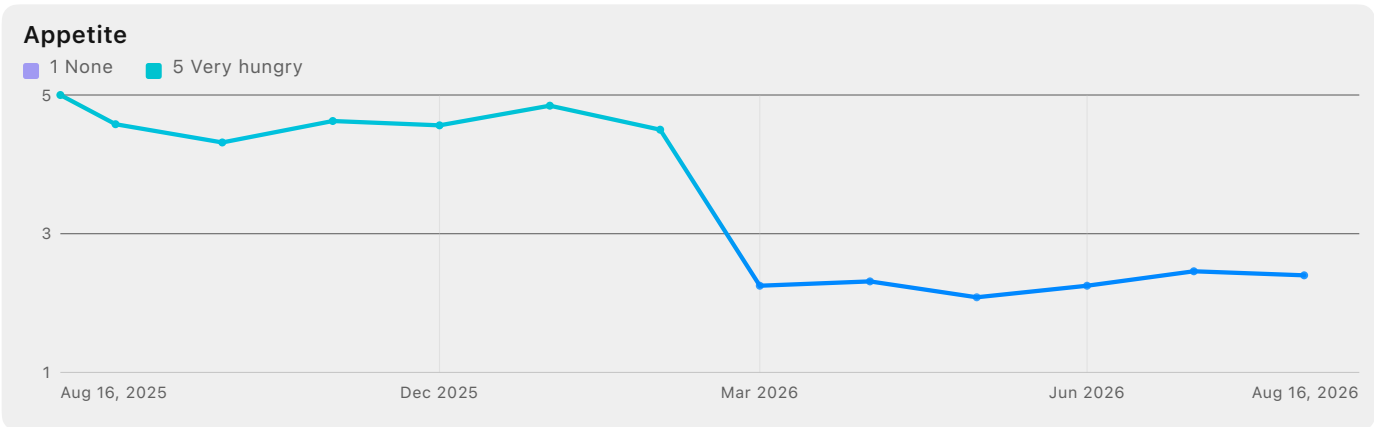
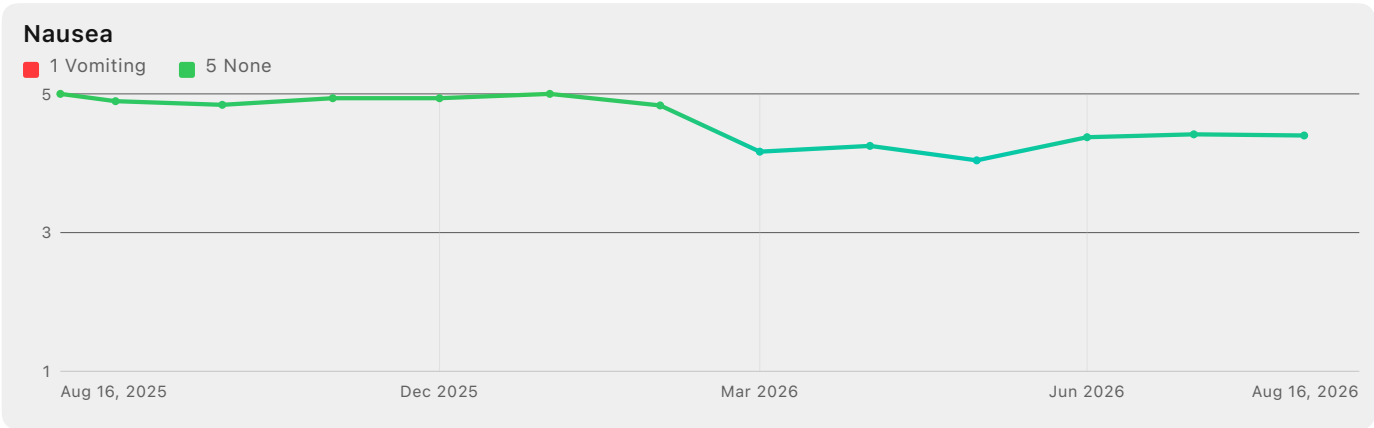
Daily check-ins

211 check-ins · scale 1-5



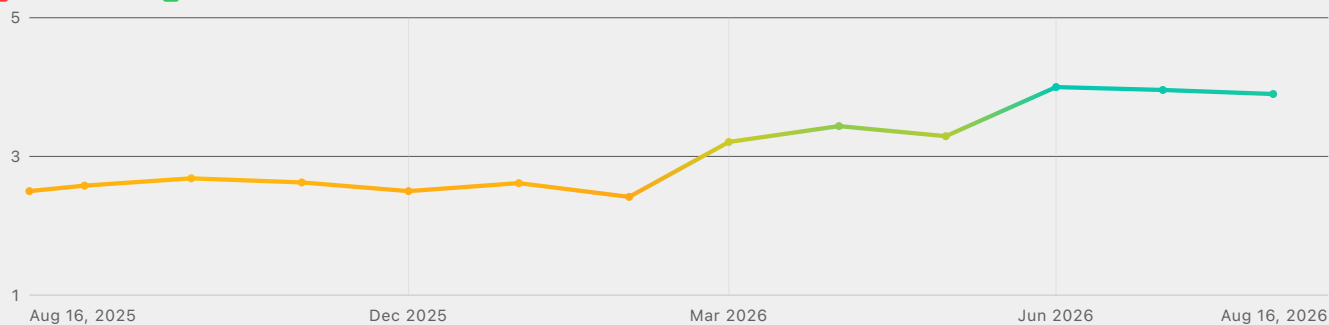
75 nights · avg sleep quality 3 (scale 1-5)

Feeling scores (1-5), averaged per bucket. Each chart has its own scale (higher is not always better).



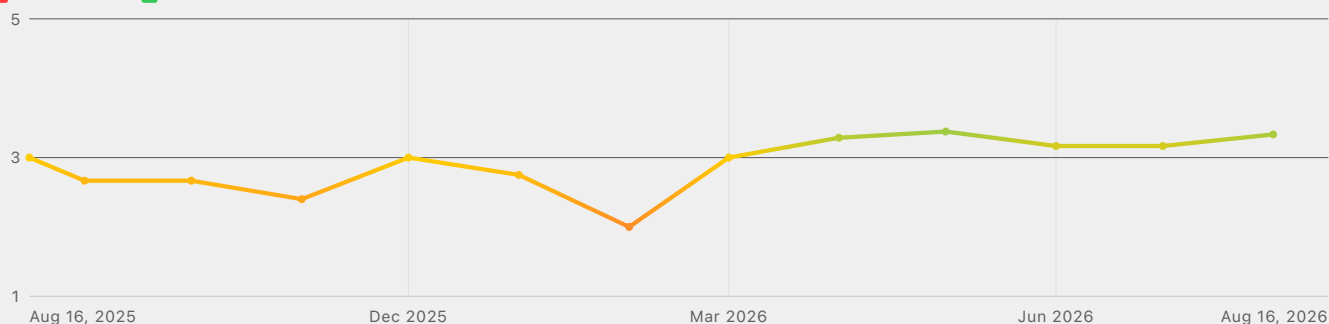
Energy

1 Exhausted 5 Energetic



Sleep

1 Horrible 5 Excellent



Nights (sleep quality)

Date	Sleep	Tags
May 11, 2026	4	Toilet
May 12, 2026	3	-
May 19, 2026	4	-
May 21, 2026	3	Reflux
May 23, 2026	3	-
May 31, 2026	4	Toilet
Jun 8, 2026	3	-
Jun 14, 2026	3	-
Jun 21, 2026	3	Toilet
Jun 24, 2026	3	-
Jun 27, 2026	4	-
Jun 29, 2026	3	Toilet
Jul 4, 2026	3	Toilet
Jul 5, 2026	3	Toilet
Jul 11, 2026	4	Toilet
Jul 13, 2026	3	-
Jul 16, 2026	3	Toilet, Reflux
Jul 18, 2026	3	Dreams
Aug 2, 2026	4	-
Aug 3, 2026	3	Dreams
Aug 5, 2026	4	-
Aug 11, 2026	4	-
Aug 12, 2026	3	Toilet
Aug 14, 2026	2	Toilet, Reflux

Detailed log

Detailed tables cover the last 12 months.

Injections (25)

Date	Dose	Site
Feb 26, 2026 at 7:24 PM	2.5 mg	Abdomen left
Mar 5, 2026 at 6:30 PM	2.5 mg	Abdomen right
Mar 12, 2026 at 6:27 PM	2.5 mg	Thigh left
Mar 19, 2026 at 7:35 PM	2.5 mg	Thigh right
Mar 26, 2026 at 7:32 PM	5 mg	Arm left
Apr 2, 2026 at 6:24 PM	5 mg	Arm right
Apr 9, 2026 at 6:35 PM	5 mg	Abdomen left
Apr 16, 2026 at 6:35 PM	5 mg	Abdomen right
Apr 23, 2026 at 6:35 PM	5 mg	Thigh left
Apr 30, 2026 at 6:32 PM	5 mg	Thigh right
May 7, 2026 at 6:24 PM	5 mg	Arm left
May 14, 2026 at 6:27 PM	5 mg	Arm right
May 21, 2026 at 6:30 PM	7.5 mg	Abdomen left
May 28, 2026 at 6:27 PM	7.5 mg	Abdomen right
Jun 4, 2026 at 7:30 PM	7.5 mg	Thigh left
Jun 11, 2026 at 7:32 PM	7.5 mg	Thigh right
Jun 18, 2026 at 6:30 PM	7.5 mg	Arm left
Jun 25, 2026 at 6:24 PM	7.5 mg	Arm right
Jul 2, 2026 at 6:35 PM	7.5 mg	Abdomen left
Jul 9, 2026 at 6:24 PM	7.5 mg	Abdomen right
Jul 16, 2026 at 6:35 PM	7.5 mg	Thigh left
Jul 23, 2026 at 6:30 PM	7.5 mg	Thigh right
Jul 30, 2026 at 7:24 PM	7.5 mg	Arm left
Aug 6, 2026 at 6:27 PM	7.5 mg	Arm right
Aug 13, 2026 at 6:24 PM	7.5 mg	Abdomen left

Weight (149)

Many entries: showing weekly means for readability.

Date	Weight	IMG	Source
Aug 24, 2025	104.8 kg	-	Weekly mean
Aug 31, 2025	105.2 kg	35.9 %	Weekly mean
Sep 7, 2025	105.3 kg	36.5 %	Weekly mean
Sep 14, 2025	105.3 kg	36.1 %	Weekly mean
Sep 21, 2025	104.6 kg	37 %	Weekly mean
Sep 28, 2025	104.4 kg	36.4 %	Weekly mean
Oct 5, 2025	104.5 kg	36.1 %	Weekly mean
Oct 12, 2025	104.6 kg	36.2 %	Weekly mean
Oct 19, 2025	105.6 kg	36.3 %	Weekly mean
Oct 26, 2025	105.3 kg	35.8 %	Weekly mean
Nov 2, 2025	106 kg	36.5 %	Weekly mean
Nov 9, 2025	105.4 kg	36.2 %	Weekly mean
Nov 16, 2025	105.8 kg	36.9 %	Weekly mean

Date	Weight	IMG	Source
Nov 30, 2025	105 kg	36.4 %	Weekly mean
Dec 7, 2025	104.6 kg	35.8 %	Weekly mean
Dec 14, 2025	105.6 kg	35.9 %	Weekly mean
Dec 21, 2025	105.6 kg	36.6 %	Weekly mean
Dec 28, 2025	106 kg	36.5 %	Weekly mean
Jan 4, 2026	106.2 kg	36.9 %	Weekly mean
Jan 11, 2026	105.5 kg	37 %	Weekly mean
Jan 18, 2026	105.6 kg	36.1 %	Weekly mean
Feb 1, 2026	105.8 kg	36.1 %	Weekly mean
Feb 8, 2026	105.6 kg	36.3 %	Weekly mean
Feb 15, 2026	106.5 kg	36.3 %	Weekly mean
Feb 22, 2026	106.1 kg	36.6 %	Weekly mean
Mar 1, 2026	106.2 kg	36.4 %	Weekly mean
Mar 8, 2026	105.6 kg	36.7 %	Weekly mean
Mar 15, 2026	105.8 kg	36.2 %	Weekly mean
Mar 22, 2026	104.7 kg	36.6 %	Weekly mean
Mar 29, 2026	103.8 kg	36.1 %	Weekly mean
Apr 5, 2026	103.5 kg	35.8 %	Weekly mean
Apr 12, 2026	103.4 kg	35.6 %	Weekly mean
Apr 19, 2026	101.3 kg	35.7 %	Weekly mean
May 3, 2026	99.7 kg	34.5 %	Weekly mean
May 10, 2026	98.9 kg	34.2 %	Weekly mean
May 17, 2026	98.9 kg	33.9 %	Weekly mean
May 24, 2026	97.8 kg	33.4 %	Weekly mean
May 31, 2026	96.8 kg	33.6 %	Weekly mean
Jun 7, 2026	95.9 kg	-	Weekly mean
Jun 14, 2026	95.4 kg	32.4 %	Weekly mean
Jun 21, 2026	94.7 kg	32.3 %	Weekly mean
Jun 28, 2026	94.5 kg	31.8 %	Weekly mean
Jul 5, 2026	93.9 kg	32.2 %	Weekly mean
Jul 12, 2026	93.3 kg	31.8 %	Weekly mean
Jul 19, 2026	93 kg	31.5 %	Weekly mean
Jul 26, 2026	92.4 kg	31.5 %	Weekly mean
Aug 2, 2026	92.4 kg	31.2 %	Weekly mean
Aug 9, 2026	91.7 kg	31 %	Weekly mean
Aug 16, 2026	92.2 kg	31.2 %	Weekly mean

Waist (46)

Date	cm
Aug 28, 2025	119.6 cm
Sep 3, 2025	120.9 cm
Sep 7, 2025	120.5 cm
Sep 15, 2025	120.1 cm
Sep 22, 2025	121.5 cm
Sep 29, 2025	120 cm
Oct 5, 2025	120.2 cm
Oct 13, 2025	118.6 cm
Oct 22, 2025	119.7 cm

Date	cm
Oct 26, 2025	119.6 cm
Nov 3, 2025	120.6 cm
Nov 10, 2025	121.2 cm
Nov 17, 2025	120.3 cm
Dec 1, 2025	119.9 cm
Dec 8, 2025	120.9 cm
Dec 18, 2025	119.5 cm
Dec 22, 2025	121.1 cm
Dec 29, 2025	120.9 cm
Jan 4, 2026	122.2 cm
Jan 12, 2026	120.8 cm
Jan 19, 2026	121.2 cm
Feb 2, 2026	120.8 cm
Feb 9, 2026	120.8 cm
Feb 18, 2026	121.3 cm
Feb 26, 2026	121.4 cm
Mar 9, 2026	122 cm
Mar 16, 2026	120.4 cm
Mar 25, 2026	121.2 cm
Mar 30, 2026	120 cm
Apr 10, 2026	118.6 cm
Apr 13, 2026	118.6 cm
Apr 19, 2026	118.4 cm
May 4, 2026	116.2 cm
May 10, 2026	115.1 cm
May 24, 2026	114.4 cm
May 31, 2026	114.1 cm
Jun 12, 2026	112.4 cm
Jun 15, 2026	111.5 cm
Jun 22, 2026	111.5 cm
Jun 29, 2026	111.3 cm
Jul 6, 2026	111.2 cm
Jul 12, 2026	110 cm
Jul 19, 2026	109.3 cm
Jul 27, 2026	109.1 cm
Aug 2, 2026	108.7 cm
Aug 16, 2026	108.9 cm

Symptom events (19)

Date	Type	Sev.
Oct 28, 2025 at 8:20 PM	Heartburn	2
Dec 21, 2025 at 8:35 PM	Headache	2
Feb 7, 2026 at 8:10 PM	Heartburn	2
Feb 27, 2026 at 8:10 PM	Heartburn	3
Mar 6, 2026 at 8:35 PM	Burping	2
Mar 13, 2026 at 8:35 PM	Heartburn	3
Mar 20, 2026 at 8:20 PM	Injection site reaction	1
Mar 27, 2026 at 8:20 PM	Headache	2

Date	Type	Sev.
Apr 3, 2026 at 8:35 PM	Burping	3
Apr 10, 2026 at 8:10 PM	Heartburn	3
Apr 24, 2026 at 8:00 PM	Burping	2
Apr 30, 2026 at 8:35 PM	Headache	2
May 22, 2026 at 8:20 PM	Burping	3
May 23, 2026 at 8:20 PM	Injection site reaction	2
Jun 11, 2026 at 8:35 PM	Heartburn	2
Jul 2, 2026 at 8:20 PM	Burping	2
Jul 23, 2026 at 8:10 PM	Headache	1
Aug 5, 2026 at 8:20 PM	Burping	2
Aug 11, 2026 at 8:00 PM	Heartburn	2

About this document

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PocketGLP

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Support: support@synlink.fr

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