

SEMAGLUTIDE INJECTION

WEEKLY TRACKER

SYMPTOM TRACKER

☐

Nausea

☐

Diarrhea

☐

Vomiting

☐

Constipation

☐

Decreased Appetite

☐

Headache

☐

Indigestion

☐

Stomach Pain

☐

Injection Site Pain

☐

Dizziness

☐

Acid Reflux

☐

Gas/Bloating

WEEKLY HABIT TRACKER

My Habits:

WEEKLY GOALS

My Goals:
