Weekly actual-event log

Keep your completed copy private. Record what actually occurred. A blank field means not recorded, not a missed administration.

Week beginning: _____

Local date / time	Product (optional)	Amount + unit	Site recorded	Observations / questions

Plans I chose (not actual events): _____

_____

Prepare for your visit

Choose what you want to share. Keep your own questions separate from recorded facts. This sheet provides no regimen or clinical interpretation.

1. What information should I keep in my record?

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2. What exact product, presentation and instructions apply to me?

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3. Which observations or changes would I like to discuss?

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4. What storage or travel questions should I ask the pharmacist?

Before sharing: review your selected date range, amounts with their units, actual versus planned events and unknown fields.

The private browser journal can prepare a local summary without sending records to Peptide Dossier or to a provider.