

Mounjaro Journal and Weight Loss Tracker

Track Metrics you won't find in regular weight loss journals

The image displays a collection of journal pages for Mounjaro users. The central page is titled "Weekly Mounjaro Stats" and includes sections for "MOUNJARO STATS" and "WEIGHT LOSS TRACKING". The "MOUNJARO STATS" section has fields for "DOSAGE", "INJECTION SITE" (with radio buttons for R and L), and "INJECTION DAY". The "WEIGHT LOSS TRACKING" section has fields for "CURRENT WEIGHT", "LOST THIS WEEK", and "TOTAL LOST". Below these are sections for "how I feel" and "side effects". To the left, there is a page titled "Measurements Chart" with a silhouette of a person and a grid for tracking measurements. To the right, there are pages titled "Weekly Meal Tracker", "Weekly Meal Tracker", and "Weekly Goals". A green starburst graphic with a download icon and the text "DOWNLOAD NOW" and "PDF Download" is overlaid on the right side of the central page.

Weekly Mounjaro Stats

WEEK # _____
WEEK OF: _____

MOUNJARO STATS		WEIGHT LOSS TRACKING	
DOSAGE		CURRENT WEIGHT	
INJECTION SITE		LOST THIS WEEK	
	R ☐ L ☐	TOTAL LOST	
INJECTION DAY			

how I feel

side effects

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