



Treatment summary

Tirzepatide (compounded) · Aug 16, 2026 – Oct 18, 2026

Ostin

MEDICATION

Medication	Tirzepatide (compounded)
Form	25 mg/mL vial, measured in U-100 syringe units
Schedule	Weekly
First logged shot	Aug 16, 2026
Current dose	30 units (7.5 mg)
Next scheduled	30 units (7.5 mg) on Sun, Oct 18

DOSE PLAN (AS PRESCRIBED)

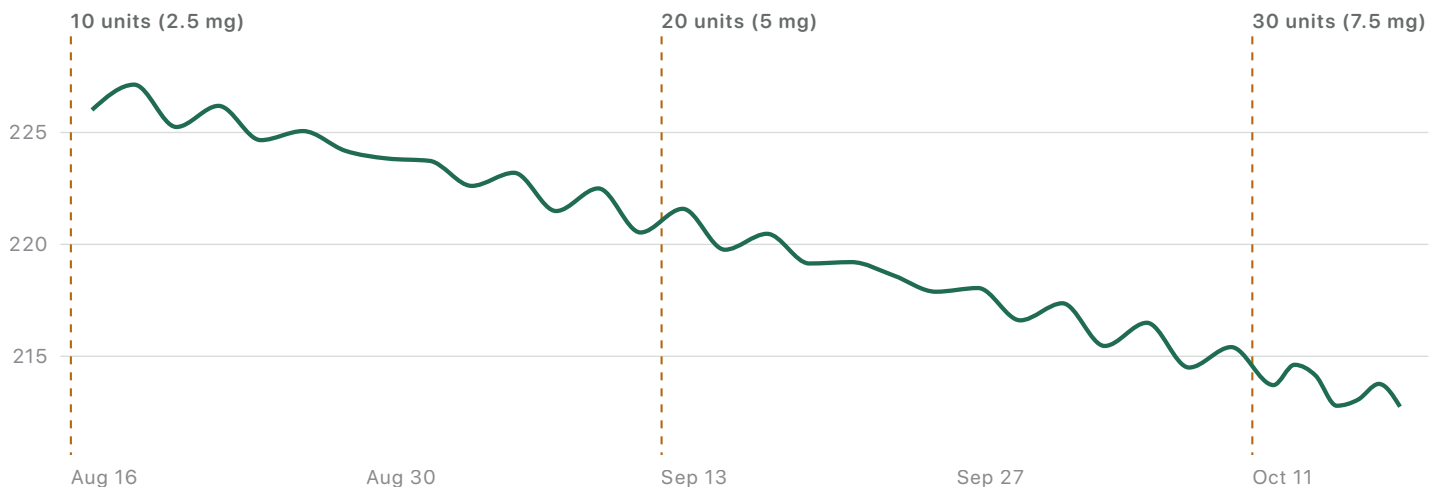
Step	Dose	Length	Status
1	10 units (2.5 mg)	4 weeks	Done
2	20 units (5 mg)	4 weeks	Done
3	30 units (7.5 mg)	4 weeks	Current
4	40 units (10 mg)	4 weeks	Planned
5	50 units (12.5 mg)	4 weeks	Planned
6	60 units (15 mg)	Until changed	Planned

ADHERENCE IN THIS PERIOD

Shots logged	On time	Late	Missed	Taken	Avg. interval
9	9	0	0	100%	7.0 d

WEIGHT

Starting	Current	Total change	Lost, % of start	This period	Goal
228 lb	213 lb	-15 lb	6.6%	-13 lb	190 lb



Daily weight from Apple Health. Dashed lines mark dose changes.



Treatment summary

Tirzepatide (compounded) · Aug 16, 2026 – Oct 18, 2026

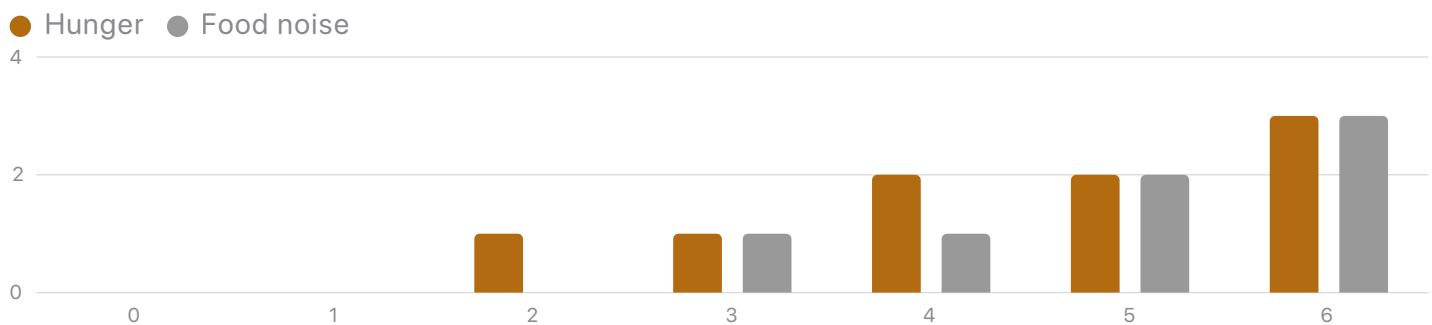
Ostin

SIDE EFFECTS IN THIS PERIOD (7 ENTRIES)

Type	Entries	Avg. severity	Dose	Weeks	Per wk	Avg. sev.
Nausea	4	2.5 / 5	10 units (2.5 mg)	4	1.0	2.2
Constipation	1	2.0 / 5	20 units (5 mg)	4	0.5	2.0
Fatigue	1	2.0 / 5	30 units (7.5 mg)	1	1.0	2.0
Headache	1	3.0 / 5				
Injection-site reaction	1	1.0 / 5				

By day after shot (0 = shot day): 0: 0 · 1: 6 · 2: 0 · 3: 0 · 4: 0 · 5: 1 · 6: 0 · 7+: 0

APPETITE BY DAY AFTER SHOT (0 NONE – 4 HIGH)



NUTRITION AND ACTIVITY

Avg. protein per day
113 g

Days at goal (120 g)
8 of 29 logged

Workouts per week
1.1

Strength per week
0.3

QUESTIONS FOR THE APPOINTMENT ON OCT 22, 2026 AT 10:30 AM

1. Stay at 7.5 mg longer if nausea continues?
2. Protein target: 120 g right?
3. Labs before next refill?

CARE TEAM

Dr. Rivera Doctor · (555) 010-0100
Main Street Pharmacy Pharmacy · (555) 010-0200 · Rx 1234567



Treatment summary

Tirzepatide (compounded) · Aug 16, 2026 – Oct 18, 2026

Ostin

SHOT LOG, NEWEST FIRST

Date	Dose	Site	Lot	Notes
Oct 11, 2026 at 8:30 AM	30 units (7.5 mg)	Abdomen, right	–	
Oct 4, 2026 at 8:30 AM	20 units (5 mg)	Thigh, left	–	
Sep 27, 2026 at 8:30 AM	20 units (5 mg)	Abdomen, left	–	
Sep 20, 2026 at 8:30 AM	20 units (5 mg)	Upper arm, right	–	
Sep 13, 2026 at 8:30 AM	20 units (5 mg)	Upper arm, left	–	
Sep 6, 2026 at 8:30 AM	10 units (2.5 mg)	Thigh, right	–	
Aug 30, 2026 at 8:30 AM	10 units (2.5 mg)	Abdomen, right	–	
Aug 23, 2026 at 8:30 AM	10 units (2.5 mg)	Thigh, left	–	
Aug 16, 2026 at 8:30 AM	10 units (2.5 mg)	Abdomen, left	–	

SIDE EFFECT LOG, NEWEST FIRST

Date	Type	Severity	Notes
Oct 12, 2026 at 12:30 PM	Nausea	2 / 5	
Sep 21, 2026 at 12:30 PM	Injection-site reaction	1 / 5	Small red patch, gone by evening.
Sep 14, 2026 at 12:30 PM	Nausea	3 / 5	First day at 5 mg.
Sep 7, 2026 at 12:30 PM	Constipation	2 / 5	
Aug 24, 2026 at 12:30 PM	Nausea, Headache	3 / 5	Ate too fast.
Aug 21, 2026 at 12:30 PM	Fatigue	2 / 5	
Aug 17, 2026 at 12:30 PM	Nausea	2 / 5	Mild after dinner.