

Medication and weight record

Generated by Plainlog on 2026-09-28 · 2026-08-10 to 2026-09-28

Name: Sample record (fictional data)

Summary

Medication	Ozempic, injection, every 7 days
First recorded dose	2026-08-10
Amount history	2026-08-10 · 0.5 mg

First weight in period	84.1 kg · 2026-08-10
Latest weight in period	83.0 kg · 2026-09-28
Period covered	2026-08-10 to 2026-09-28

Doses

DATE	TIME	AMOUNT	DAYS SINCE PREVIOUS	SITE / NOTES
2026-08-10	9:00 am	0.5 mg	—	
2026-08-17	9:00 am	0.5 mg	7	
2026-08-24	9:00 am	0.5 mg	7	Abdomen · upper left
2026-08-31	9:00 am	0.5 mg	7	
2026-09-07	9:00 am	0.5 mg	7	Thigh · left front
2026-09-14	9:00 am	0.5 mg	7	
2026-09-21	9:00 am	0.5 mg	7	
2026-09-28	9:00 am	0.5 mg	7	Abdomen · lower right

Weight

DATE	WEIGHT
2026-08-10	84.1 kg
2026-08-17	83.6 kg
2026-08-24	83.9 kg
2026-08-31	83.2 kg
2026-09-07	83.4 kg
2026-09-14	83.3 kg
2026-09-21	82.8 kg
2026-09-28	83.0 kg

This is a record of entries made by the person using the app. It is self-reported and has not been verified against any measurement or pharmacy record. Plainlog does not provide medical advice and makes no assessment of this information.