

24 weeks, one record.

Jordan M. (sample member) · Compounded semaglutide · Mar 2, 2026 to Aug 10, 2026

-25.5 lb

weight change, 12.0% of start

24 of 24

doses logged, zero missed

3 draws

bloodwork, tracked marker by marker

14

side effects logged with timing

What is in this record

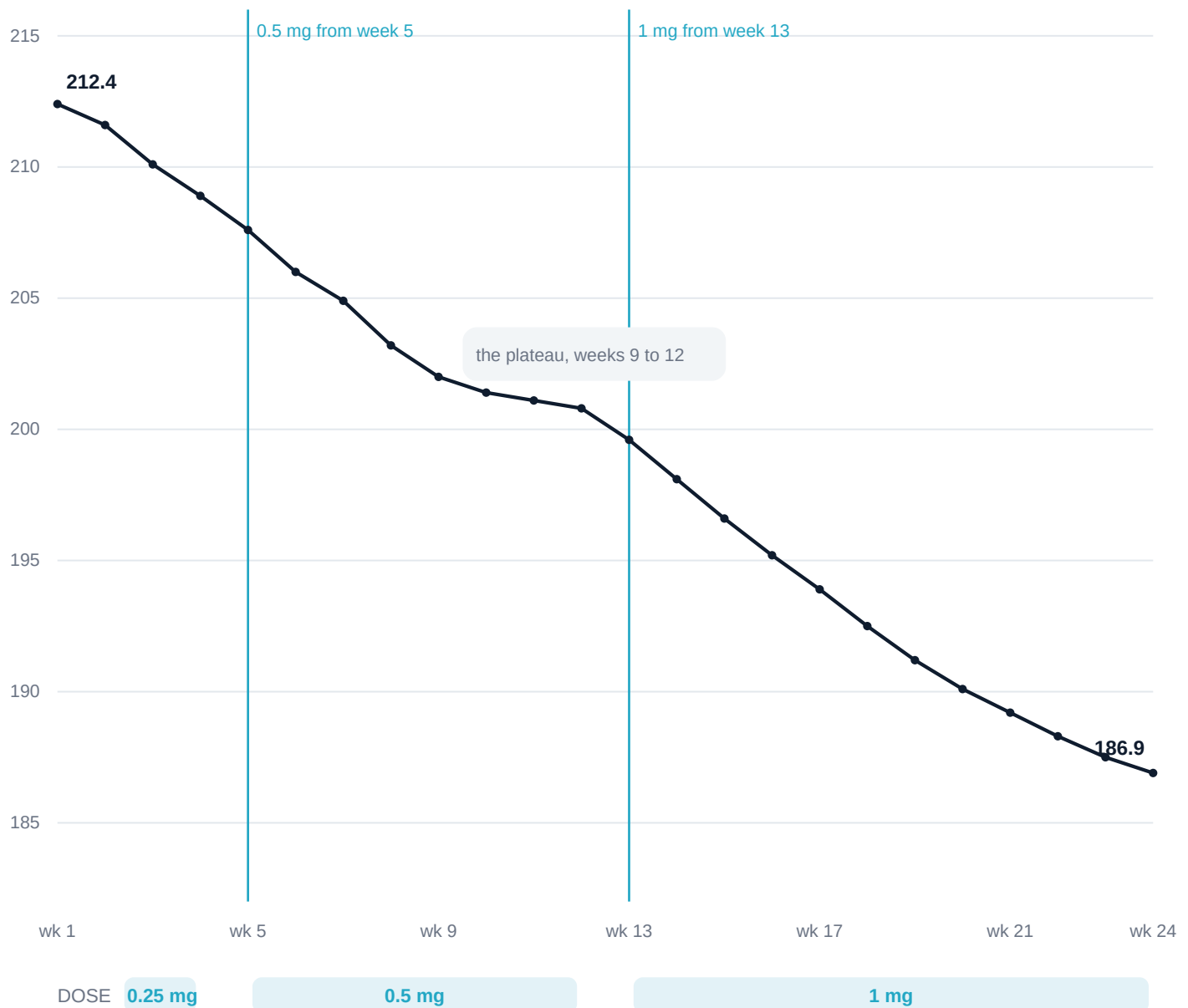
- **Weight, charted over the dose history**
so a plateau or a drop lines up with the dose change behind it.
- **Every dose, with its injection site**
six sites, rotated, so the tissue gets rest and the rotation is provable.
- **Side effects and appetite by cycle day**
the pattern of the week, learned from daily ten-second check-ins.
- **Three bloodwork draws, compared**
the same markers at week 0, 12 and 24, with every change computed.

This is the document your prescriber reads in ninety seconds.

An appointment that starts from evidence instead of memory is a different appointment.

Weight, with every dose underneath

Weekly weigh-ins, same scale, same morning. Dose steps marked where they happened.



The read: steady loss on 0.25 and 0.5, a four-week plateau, then the step to 1 mg on week 13 breaks it. That is the conversation with a prescriber, drawn as one picture.

Every dose, dated, sited, rotated

Six injection sites in rotation. The site that rested longest is always suggested next.

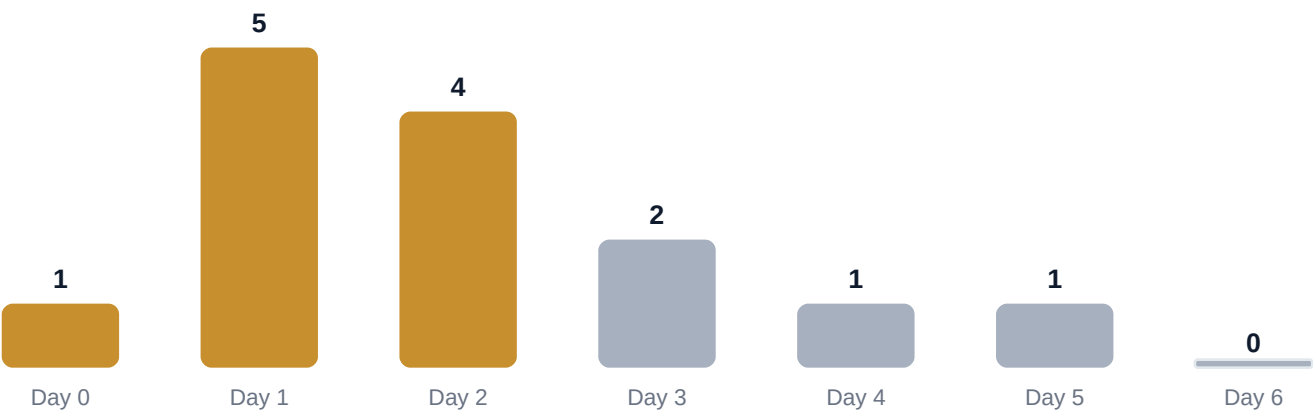
WEEK	DATE	DOSE	SITE	WEIGHT THAT WEEK
1	Mar 2	0.25 mg	Abdomen L	212.4 lb
2	Mar 9	0.25 mg	Abdomen R	211.6 lb
3	Mar 16	0.25 mg	Thigh L	210.1 lb
4	Mar 23	0.25 mg	Thigh R	208.9 lb
5	Mar 30	● 0.5 mg	Glute L	207.6 lb
6	Apr 6	0.5 mg	Glute R	206.0 lb
7	Apr 13	0.5 mg	Abdomen L	204.9 lb
8	Apr 20	0.5 mg	Abdomen R	203.2 lb
9	Apr 27	0.5 mg	Thigh L	202.0 lb
10	May 4	0.5 mg	Thigh R	201.4 lb
11	May 11	0.5 mg	Glute L	201.1 lb
12	May 18	0.5 mg	Glute R	200.8 lb
13	May 25	● 1 mg	Abdomen L	199.6 lb
14	Jun 1	1 mg	Abdomen R	198.1 lb
15	Jun 8	1 mg	Thigh L	196.6 lb
16	Jun 15	1 mg	Thigh R	195.2 lb
17	Jun 22	1 mg	Glute L	193.9 lb
18	Jun 29	1 mg	Glute R	192.5 lb
19	Jul 6	1 mg	Abdomen L	191.2 lb
20	Jul 13	1 mg	Abdomen R	190.1 lb
21	Jul 20	1 mg	Thigh L	189.2 lb
22	Jul 27	1 mg	Thigh R	188.3 lb
23	Aug 3	1 mg	Glute L	187.5 lb
24	Aug 10	1 mg	Glute R	186.9 lb

Dots mark dose steps. Zero missed weeks in this record; a missed week would show here honestly.

The shape of the week, learned

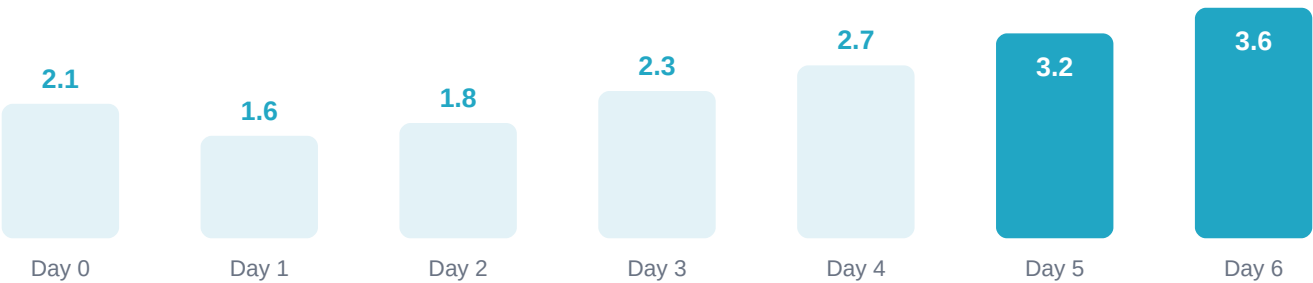
Aggregated from daily ten-second check-ins across all 24 cycles. Day 0 is dose day.

Queasiness, occurrences by cycle day



Ten of fourteen logs landed on days 1 and 2 after the dose. All but two came before week 10: the pattern faded as the body adjusted, and the record shows exactly when.

Appetite score by cycle day, 0 quiet to 5 loud



Appetite is quietest on days 1 to 3 and creeps back from day 5. This member schedules dinners out for the back half of the cycle, because the record told them to.

The same markers, drawn three times

Week 1 (Mar 2), week 13 (May 25) and week 24 (Aug 10). Values outside the reference range are marked.

MARKER	REF RANGE	DRAW 1	DRAW 2	DRAW 3	CHANGE 1 TO 3
A1C	4.8 to 5.6	5.9	5.6	5.4	-0.5 improved
Fasting glucose	70 to 99	104	96	91	-13 improved
ALT	7 to 35	41	33	27	-14 improved
AST	8 to 33	30	27	24	-6 improved
Total cholesterol	under 200	208	191	178	-30 improved
LDL	under 130	131	118	106	-25 improved
HDL	over 39	42	41	47	+5 improved
Triglycerides	under 150	168	139	117	-51 improved

Amber values were outside the reference range on that draw.

What the record picked up between draws

Five of eight markers sat outside range on draw 1. By draw 3, all eight were in range. A1C crossed into range between draws 1 and 2, from 5.9 to 5.6, then kept moving to 5.4. ALT normalized by draw 2. HDL dipped one point at draw 2 and recovered to 47 by draw 3, a wobble worth seeing rather than losing between two paper lab reports. The changes shown are arithmetic between draws. Reading them is your clinician's job, and this is the page that makes that conversation fast.

Your version of this document builds itself.

Log the dose when you take it. Do the ten-second check-in. Weigh on your rhythm. Steady keeps the record in any browser, on your home screen, and exports this PDF whenever you need it, for a prescriber, a new clinic, or your own file.

- **Doses** date, amount and injection site, with rotation handled
- **Weight and measurements** charted over the dose history
- **Side effects** severity and timing, mapped to the cycle day
- **Check-ins** appetite and energy, ten seconds a day
- **Bloodwork** every draw stored, every change computed

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Steady is a record-keeping and education tool, not medical advice. Sample data shown; no real member is depicted. Doses and schedules belong with a prescriber.