Peptide Protocol Log Sheet

One page, twelve weeks. Fill it in by hand, or keep it public and searchable at peptigrity.com/logs

Peptigrity
INDEPENDENT REVIEW PLATFORM
peptigrity.com

Units used on this sheet: ☐ lb / in ☐ kg / cm

COMPOUND & RECONSTITUTION

COMPOUND	VIAL (MG)	BAC WATER (ML)	CONCENTRATION	UNITS PER DOSE	LOT / BATCH NO.
			mg ÷ ml		

PROTOCOL

GOAL	START DATE	PLANNED LENGTH	DOSE	FREQUENCY	ROUTE	SHOP (OPTIONAL)

BASELINE — FILL THIS IN BEFORE DOSE ONE

DATE	WEIGHT	WAIST	OTHER MEASURE	BLOODWORK / PHOTOS TAKEN?

The single most common regret in long protocol logs is thin baseline data. Measure more than weight, and take the photos even if you never post them.

WK	DATE	DOSE	SITE	WEIGHT	WAIST	SIDE EFFECTS	NOTES
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							

This is a blank tracking sheet, not medical guidance. Peptigrity does not sell, supply, or recommend any compound, and nothing here suggests a dose. Talk to a clinician about anything you put in your body. Rotate injection sites and record which one you used — site reactions are far easier to spot in writing than in memory.

Want it to count for more?
A written sheet helps you.
A public log helps everyone.
peptigrity.com/logs