

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
				(W) ^H PM	(A) ^H PM	(R) ^H PM
5	6	7	8	9	10	11
^H MP	(RA) ^H MP	R ^H MP	(RA) ^H M	(W) ^H MP	(A) ^H MP	(R) ^H PM
12	13	14	15	16	17	18
^H [§] MP	(RA) ^H MP	(R) [§] ^H PM	(RA) ^H PM	(W) [§] ^H PM	A	R
19	20	21	22	23	24	25
	RA	R	RA	W	A	R
26	27	28	29	30	31	
	RA	R	RA	W	A	R

Instructions

Note: Example above was completed through the 16th.

- Print this page. Write current month & year at top. Use current calendar to write days of month in small boxes from 1 on.
- Find your first injection-day (ex. Thurs 2nd). In upper-right of that day's bigger box, write your **Dose** for that day in units. To find your **Dose**, use How to Use Your QK (or BK for Tirzepatide). It's at the bottom of MedPure.com, either QK or BK.
- Add remaining injection-days for the month: Each is 1 week after first injection-day. Write your **Dose** for each day.
- Print 2-3 more copies of this page. Repeat the above for 12 injection-days for Semaglutide, or 8 for Tirzepatide.
- For each injection-day, in the lower-left, add **W** for Walk-day. You will take one or two longer walks on those days.
- For each week, add 3 to 5 half-hour **R**'s for Resistance Workouts (weights, bands, pilates). Keep same days of week.
- For each week, add 3 to 5 half-hour **A**'s for Aerobic Workouts (run, step, class, bike, yoga, stretch). **A**'s can be with **R**'s.
- Below, circle ways this month you will add more proteins (because you will eat less food). Avoid those with sugar.
 - Protein shakes (circled) Lean meats (circled) Fish Protein bars (circled) Eat proteins first (circled) Snack on cheese Eggs (circled) Collagen (circled)
 - Yogurt (circled) Milk Tuna Cottage cheese Beans Sushi Nuts (circled) Seeds (circled) Peas Almond Milk Hummus
- Below, circle ways this month you will add more minerals & vitamins (check for overlap). Avoid those with sugar.
 - Electrolyte powders (circled) Multi-vitamin/mineral (circled) Magnesium (circled) Potassium A B2 B9 B12 C (circled) D (circled) E
 - Niacin (circled) Fish oil Calcium Iron Selenium Zinc Phosphorus Trace Minerals (circled) Sodium Chloride Boron
- After every day (or set of days), document all your above activities by doing the following:
 - Circle the **Doses** you took on your **injection-days**. Also, circle the **R**'s and **A**'s you did.
 - Write a **P** for Protein on the days you ate at least **3** sources of proteins. If you count, do at least 100 grams.
 - Write an **M** for Minerals/vitamins on the days you took **3** or more added sources of Minerals & vitamins.
 - Write an **H** for H₂O if you drank at least **eight** 12-ounces of water. Write an **S** if you tried hard to avoid Sugar.

Year	Month	Day	Time	Subject	Score
2019	Jan	15	10:00	Math	85
2019	Feb	20	11:30	Math	78
2019	Mar	25	13:00	Math	92
2019	Apr	30	14:30	Math	88
2019	May	05	16:00	Math	80
2019	Jun	10	17:30	Math	75
2019	Jul	15	19:00	Math	82
2019	Aug	20	20:30	Math	79
2019	Sep	25	22:00	Math	86
2019	Oct	30	23:30	Math	81
2019	Nov	05	25:00	Math	77
2019	Dec	10	26:30	Math	83

Note: Example above has completed through the year.

