DOSLEY

Weight and measurements log

Filled example - fictional records

Fictional entries show how the fields work. They are not expected results, a goal or a target.

This sheet records what already happened. It does not set a dose, schedule or target.

Name or initials, optional _____ Period covered _____

Date	Time	Weight	Unit kg / lb	Measurement, optional e.g. waist	Value and unit cm / in	Notes
03 Sep 2026	07:40	84.6	kg	Waist	96 cm	Before breakfast
06 Sep 2026	07:55	85.1	kg			Late dinner the evening before
10 Sep 2026	07:35	84.9	kg	Waist	96.5 cm	
13 Sep 2026	09:10	85.4	kg			Gym scale, not my usual one
17 Sep 2026	07:45	84.8	kg	Hips	104 cm	Same tape as last time
21 Sep 2026	07:40	85.0	kg	Waist	96 cm	