DOSLEY

Weight and measurements log

Blank personal record

Write down a reading after you take it: the date, the time, the value and the unit you used. Measurements are optional.

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

Personal recordkeeping only. Not medical advice. Keep completed records private.

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