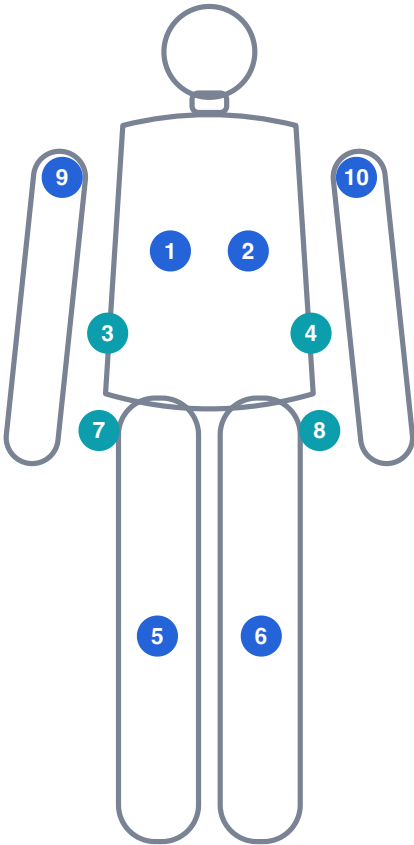




StackLogR — Injection Site Rotation Chart

Track where each shot went, so every spot gets time to rest.

SITE ZONES



- 1 Abdomen L
- 2 Abdomen R
- 3 Love handle L
- 4 Love handle R
- 5 Thigh L
- 6 Thigh R
- 7 Glute L
- 8 Glute R
- 9 Delt L
- 10 Delt R

8-WEEK LOG

WEEK	DATE	COMPOUND	SITE #	NOTES
1				
2				
3				
4				
5				
6				
7				
8				

StackLogR is for tracking and education only. It does not provide dosing or medical advice.

Ask your prescriber or pharmacist which sites fit your medication.

stacklogr.com