



# Body Measurement Tracker

Track circumference & composition over time

Units: in / cm (circle one)

| MEASUREMENT   | DATE<br>_____ | DATE<br>_____ | DATE<br>_____ | DATE<br>_____ | DATE<br>_____ | DATE<br>_____ | DATE<br>_____ |
|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Weight        |               |               |               |               |               |               |               |
| Body fat %    |               |               |               |               |               |               |               |
| Neck          |               |               |               |               |               |               |               |
| Shoulders     |               |               |               |               |               |               |               |
| Chest         |               |               |               |               |               |               |               |
| Upper arm (L) |               |               |               |               |               |               |               |
| Upper arm (R) |               |               |               |               |               |               |               |
| Forearm       |               |               |               |               |               |               |               |
| Waist (navel) |               |               |               |               |               |               |               |
| Hips          |               |               |               |               |               |               |               |
| Thigh (L)     |               |               |               |               |               |               |               |
| Thigh (R)     |               |               |               |               |               |               |               |
| Calf          |               |               |               |               |               |               |               |
| Other: _____  |               |               |               |               |               |               |               |

Measure at the same time of day (morning, before eating) and pull the tape snug but not tight. Same spot, same tension, every time — consistency is what makes the trend meaningful. Pair this with the free Progress Tracker for energy, sleep, and mood at [highpeptides.com/printables/](https://highpeptides.com/printables/).

For research purposes only. Not medical advice. | [highpeptides.com/printables/](https://highpeptides.com/printables/)

## Supplies You'll Need

Practical, low-cost supplies for safe reconstitution, measuring, and storage.

### GLUCO-CARE Insulin Syringes 31G, 1 mL, 5/16" (100-count) →

31G × 5/16" 1 mL — the standard configuration for subcutaneous research dosing; single-use only.

### Curad Sterile Alcohol Prep Pads, 70% Isopropyl (400-count) →

Individually wrapped 70% isopropyl pads — one for the vial septum and one for the site, every time.

**Oakridge Sharps Container, 1-Quart (3-pack) →**

Used needles go in a sharps container, never household trash — a 1-quart 3-pack covers months of research.

**Ks-Tek Sterile 10 mL Vials with Self-Healing Injection Port →**

Steam-sterilized empty vials with self-healing septa — for holding reconstituted solutions between draws.

**Moyite 9-Slot Vial Holder for Refrigerator (fits 5–10 mL vials) →**

Keeps reconstituted vials upright and organized in the fridge — fits standard-height 5–10 mL vials.

Full supplies checklist with current product links: [highpeptides.com/supplies/](https://highpeptides.com/supplies/)