



GLP-1 Titration Schedule

Track a week-by-week dose escalation

Compound: _____

WEEK	START DATE	DOSE	INJECT DAY	APPETITE 1-5	NAUSEA 1-5	WEIGHT	NOTES
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							

GLP-1 protocols are titrated slowly to manage gastrointestinal side effects. Escalate only when the current dose is well tolerated, and hold or step back a level if nausea, appetite, or other effects become significant. Fill in doses from the protocol you are following — this sheet is a blank planner, not a dosing recommendation. Educational only; not medical advice.

For research purposes only. Not medical advice. | 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) →**

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

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

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/