



Weekly Progress Tracker

Protocol: _____ Start Date: _____

METRIC	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
Date								
Weight (lbs)								
Body Fat %								
Waist (in)								
Energy 1-10								
Sleep Quality 1-10								
Recovery 1-10								
Mood 1-10								
Libido 1-10								
Skin Quality 1-10								
Pain Level 0-10								
Injury Status								

Notes:

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/