

GLP-1 Assist Quarterly Member Summary

Sample period: April 22, 2026 - July 21, 2026. This preview uses made-up demo data to show the format of a member-controlled export.

DOSES LOGGED
12
Weekly routine entries

PROTEIN AVERAGE
112g
Daily demo average

WORKOUTS
28
Completed sessions

SIDE EFFECTS
Mild
Most common severity

Routine snapshot

AREA	RECENT ENTRY
Dose routine	Friday mornings, rotating sites
Nutrition	Protein target visible during meal logging
Strength	Upper/lower split scheduled weekly
Progress	Body metrics and photos kept private

Logged side effects

ENTRY	DEMO DETAIL
Mild nausea	2/10, logged after dose day
Fatigue	3/10, occasional afternoon note
Digestion	Member notes reviewed privately
Hunger	Tracked as a personal routine signal

Connected pattern view

This sample shows how a member can keep dose timing, protein, workouts, side effects, hydration, and progress in one record. It is informational only and does not provide medical advice, diagnosis, treatment recommendations, or outcome predictions.

Member-controlled sharing

GLP-1 Assist does not share member logs with providers. Members may download a summary for their own records and choose whether to share it outside the app.