

GET IN CONTACT



CALL OUR PHARMACY:
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CHAT ON WHATSAPP:
+264 81 458 0197



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WWW.ACADEMIAPHARMACY.COM

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OPEN TILL LATE

08h00 - 20h00
MONDAY - FRIDAY

09h00 - 14h00
WEEKENDS & HOLIDAYS

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www.academiapharmacy.com



**ACADEMIA
PHARMACY**

Semaglutide | Tirzepatide | Rutatrutide

WEIGHT-LOSS TRACKER



**WEIGHT
LOSS**



**DOSAGE
TRACKER**

PATIENT DETAILS:

General Details

Name: _____

Age: _____ Date of Birth: _____

Height: _____

Medication: _____

Weight:

Starting Weight: (kg)

Goal Weight: (kg)

BODY MASS INDEX:

BMI:

How to calculate:

Weight in Kilograms (kg)

(Height in Meters)²

Body mass index ranges →

BODY MASS INDEX

Underweight	<18.5
Normal Weight	18.5 to 25
Overweight	25 to 30
Obese	>30

MANAGING SIDE EFFECTS:

Your medications can have uncomfortable side effects. With "Weight-Loss" treatments you can usually expect these negative side effects:

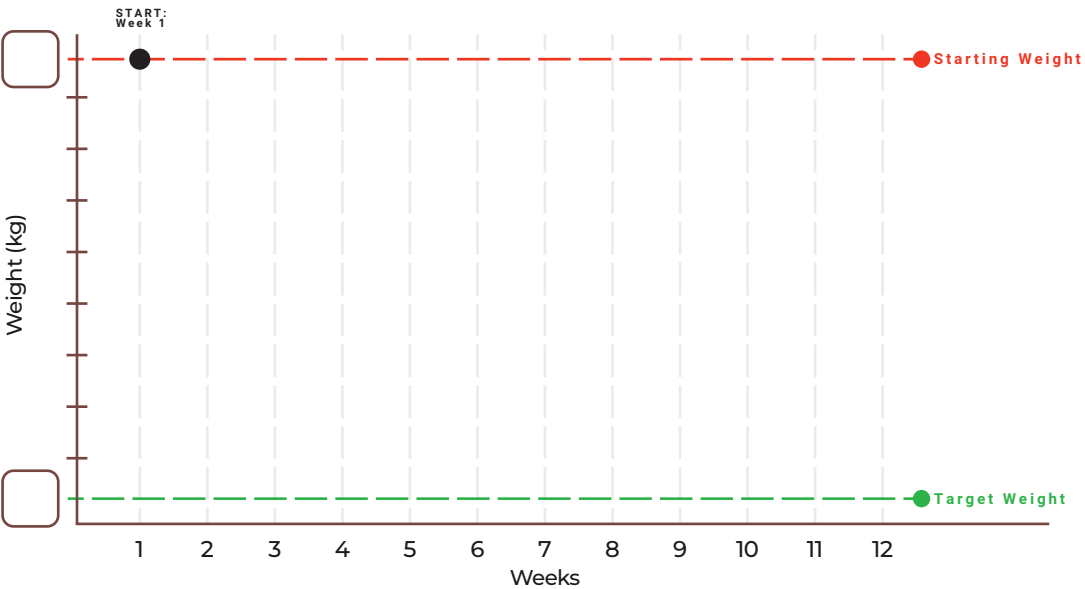
- LOWER DOSAGE**
Start with lower doses to prevent nausea and slowly increase as prescribed.
- AVOID UNHEALTHY FOODS**
Avoid highly processed & sugary foods to prevent nausea.
- DRINK WATER**
Stay hydrated & always drink plenty of water to maintain good daily consumption.
- EAT ENOUGH**
Do not skip meals to prevent muscle loss. Always ensure to consume needed and prescribed meals.
- REMEMBER TO CHANGE INJECTION SITES**
Always remember to change injection sites regularly and keep process clean and sterile.

MEDICATION TRACKER

WEEK	WEIGHT	DOSAGE	INJECTION INFORMATION		SIDE EFFECTS
			DATE	SITE	
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
Week 7					
Week 8					
Week 9					
Week 10					
Week 11					
Week 12					

WEEKLY WEIGHT TRACKING

Track your progress over 12 weeks of your personal weigh-loss journey.



Stay consistent and keep going!
Small steps today lead to big results tomorrow.