Kindweek

Shot log

Write down each dose as you take it, as prescribed. Bring this page to your next check-in.

Date	Time	Medicine	Dose	Site	How I felt

Kindweek

Site rotation chart

Tick the site you used each week. Use only the sites your medicine's instructions list, and ask your healthcare provider if you're unsure.

	Stomach lower left	Stomach lower right	Stomach upper left	Stomach upper right	Thigh left	Thigh right	Arm left	Arm right	Buttock left	Buttock right
Week 1										
Week 2										
Week 3										
Week 4										
Week 5										
Week 6										
Week 7										
Week 8										
Week 9										
Week 10										
Week 11										
Week 12										
Week 13										
Week 14										
Week 15										
Week 16										
Week 17										
Week 18										
Week 19										
Week 20										