

Wellness & Injection Journal

Premium Master Layout (Publishing Draft)

Publishing Notes

Use subtle marble/watercolor backgrounds, aquamarine accents (#7FDBD4), Playfair Display or similar for headings, Montserrat/Lato for body, generous whitespace, bleed-safe margins, section divider pages, custom icons, and consistent page numbering. Include a wraparound KDP cover with front, spine, and back.

Important Disclaimer

This journal is intended for personal wellness record-keeping only. It does not provide medical advice, diagnosis, treatment recommendations, dosing instructions, or reconstitution guidance. Always follow instructions from your licensed healthcare provider and product labeling.

Front Matter

Cover, copyright, welcome, how to use, personal information, emergency contacts, wellness goals, vision board, rewards, starting measurements, progress photos.

Monthly Section

12 monthly dashboards with calendar, goals, habits, appointments, hydration goal, weight goal, monthly reflection.

Weekly Section (repeat 52 times)

Each weekly spread should include: • Injection log (Date, Time, Product/Medication, Dose, Units, Volume, Site, Lot #, Notes) • Nutrition tracker (Calories, Protein, Fiber, Water) • Fitness tracker (Workout, Duration, Steps) • Sleep & mood tracker • Weekly measurements • Reflection and next week's goals.

Specialized Logs

Body Measurements (neck, shoulders, chest, waist, abdomen, hips, arms, forearms, thighs, calves, body fat, weight); Medication & Supplement Inventory (purpose, strength, dose, frequency, refill, expiration); Peptide/Product Reconstitution Log (date mixed, product, vial strength, BAC water added, final concentration, target dose, volume, syringe units, total doses, discard date, storage, notes); Supply Inventory; Bloodwork Tracker; Provider Visit Notes; Hydration Tracker; Habit Tracker; Symptom & Side Effect Tracker; Weight & Waist Graphs; Gratitude; Dot-grid Notes.

Publishing Checklist

KDP-ready PDF, editable Canva version, print bleed, ISBN space, A+ content graphics, listing images, Pinterest pins, Instagram and TikTok graphics.