

# MY DAILY HEALTH JOURNAL (MDHJ)

## 1-PAGE QUICK START

*Web-based health tracking dashboard. No app required.*

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### WHAT MDHJ DOES

- Track **weight, blood pressure, blood sugar**, and more
  - See **trend graphs** (so you spot patterns, not random daily swings)
  - Bring **doctor-ready** data to appointments
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### WHO THIS IS FOR

- GLP-1 users (Ozempic, Wegovy, Mounjaro, Zepbound, etc.)
  - Anyone tracking weight, BP, or blood sugar
  - Anyone who wants simple, consistent tracking
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### START IN 60 SECONDS

- 1) Go to: [mydailyhealthjournal.com/login](https://mydailyhealthjournal.com/login)
  - 2) Create your free account (no credit card required)
  - 3) Log your numbers and watch your graphs build over time
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### BEST RESULTS COME FROM A ROUTINE

- Enter data at the same time each day
  - Focus on **7–14 day trends** (not one-day changes)
  - Use the graphs to ask better questions at your next visit
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### WHAT TO TRACK FIRST (KEEP IT SIMPLE)

- Weight (daily or a few times per week)
  - Blood pressure (if you track it)
  - Blood sugar (if you track it)
  - Calories/protein (optional)
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### IMPORTANT NOTE

MDHJ is an educational tracking tool and does not replace medical care.  
If you have severe symptoms (persistent vomiting, dehydration, severe abdominal pain, fainting, blood in stool), get evaluated.

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### QUICK LINKS

Free dashboard login: [mydailyhealthjournal.com/login](https://mydailyhealthjournal.com/login)

How it works: [blog.mydailyhealthjournal.com/how-it-works/](https://blog.mydailyhealthjournal.com/how-it-works/)