The shotlog package

Printable injection log sheets, v1.0

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1 Introduction

shotlog prints blank injection log sheets: a ruled table with your own columns and a key of the six common subcutaneous sites, for people who keep a paper log of weekly or daily injections (for example insulin or GLP-1 pens), for clinics' patient handouts and for nursing course material. The package only draws an empty form. It does not give dosing or medical advice; always follow the medicine's instructions and your healthcare provider. Background on rotating injection sites: `https://bluedoseapp.com/features/injection-site-rotation-app/`.

2 Usage

```
\shotlog[rows=12, title={My weekly shot log}]
\sitekey
```

Options: `rows` (default 15), `height` (row height, default 1.4em), `columns` (comma-separated headings, default Date, Medication, Dose (as prescribed), Site, Side effects, Notes), `title`.

3 Example

My weekly shot log

Date	Medication	Dose (as prescribed)	Site	Side effects	Notes

Site rotation key: ☐ Abdomen L ☐ Abdomen R ☐ Thigh L ☐ Thigh R ☐ Upper arm L ☐ Upper arm R

4 License

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