



Creatine: average weight and consistency

Tracking start date: _____ First dose: _____ Planned dose: _____ g/day

One baseline week without supplementation, followed by eight weeks of tracking. If you have already started taking it, note that. No expected values: enter only your own measurements.

Weigh yourself in the morning, after using the toilet and before eating, using the same scales and wearing similar clothing. Average = sum of weights ÷ number of measurements. A blank cell is not a zero. Weight does not distinguish between water, muscle and fat.

Week	Mon. kg	Tue. kg	Wed. kg	Thu. kg	Fri. kg	Sat. kg	Sun. kg	Average kg	Actual dose g/day and missed doses	Sessions completed
Baseline										
1										
2										
3										
4										
5										
6										
7										
8										

Baseline: no supplementation planned. For the actual dose, note any changes and missed days. The eight weeks are a practical reference point, not a guarantee of results.

Weekly context: sleep, diet, unusual salt/carbohydrate intake, travel, bowel habits, menstrual cycle if relevant, other supplements, tolerability.

Seek medical or pharmacist advice before taking it if you have kidney disease, abnormal test results, take medication, are pregnant or breastfeeding, or are under 18. Stop and seek advice if symptoms persist. A marked decrease in urination, unusual swelling or feeling unwell: seek prompt assessment.



Exercise A: _____ Exercise B: _____ Rest between sets: _____

Use the same technique, range of motion and rest periods, with a comparable level of difficulty. Record weight × reps × sets, then perceived difficulty. Take body measurements before training, at the same time, in the same place and with the same tape tension.

Tape measurement landmarks: waist _____ arm _____ thigh _____

Week	A: kg × reps × sets, difficulty	B: kg × reps × sets, difficulty	Waist cm	Arm cm	Thigh cm	Programme / tolerability / context
Baseline						
1						
2						
3						
4						
5						
6						
7						
8						

Four-week review

Average weight, performance, body measurements, tolerability:

Decision and reason: continue / reassess / seek professional advice.

Eight-week review

Average weight, performance, body measurements, tolerability:

Decision and reason: continue / reassess / seek professional advice.

Progress does not isolate the effect of creatine. Do not count every weight increase as muscle. Do not increase the dose to speed up results. Do not change any medical treatment based on this journal.