

May 26, 2026 – Jul 21, 2026

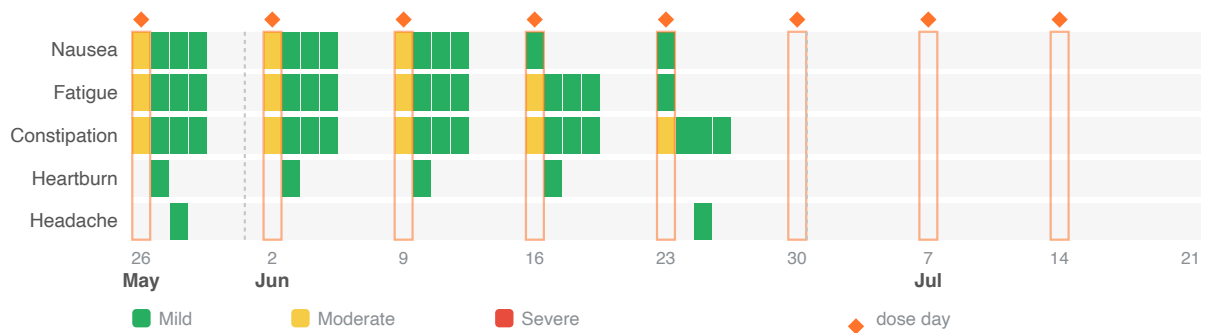
Generated July 24, 2026

AI Insights

- **Constipation clustered on low-fiber, low-hydration days**, so fiber and fluids may resolve it without changing therapy.
- **Low step-count days matched lower mood check-ins**, so light daily movement can lift energy and mood together.
- **Nausea after each dose tracked with dips in protein intake**, so easy high-protein foods early in the cycle can protect lean mass.

Side Effect Trend

5 side effects logged 34 times.



New this period Heartburn (first logged May 27, 2026)

Improving Nausea, Fatigue

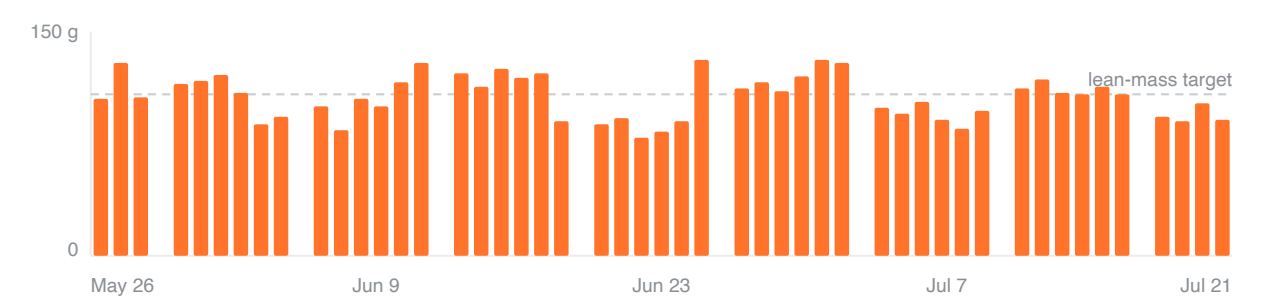
By symptom

Symptom	Logs	Typical severity
Nausea	14	● Mild
Fatigue	8	● Mild
Constipation	6	● Mild
Heartburn New	4	● Mild
Headache	2	● Mild

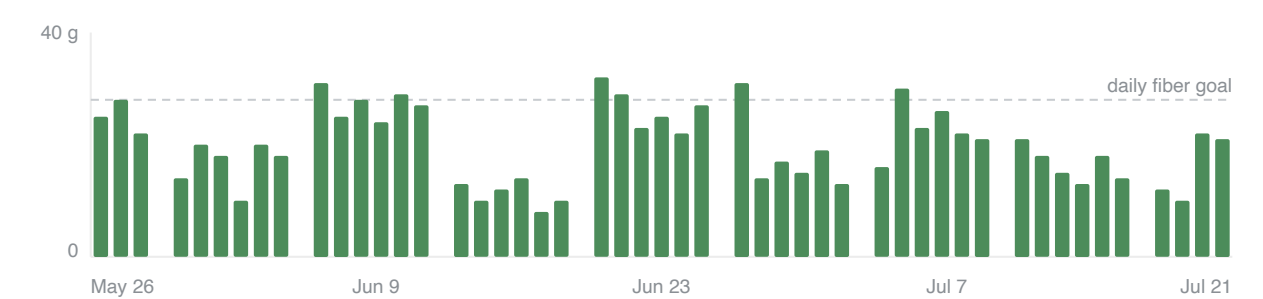
Nutrition Trends (48 days logged)

Averaged 118 g protein/day (about 1.3 g/kg), 26 g fiber/day, and 1,580 kcal/day across logged days.

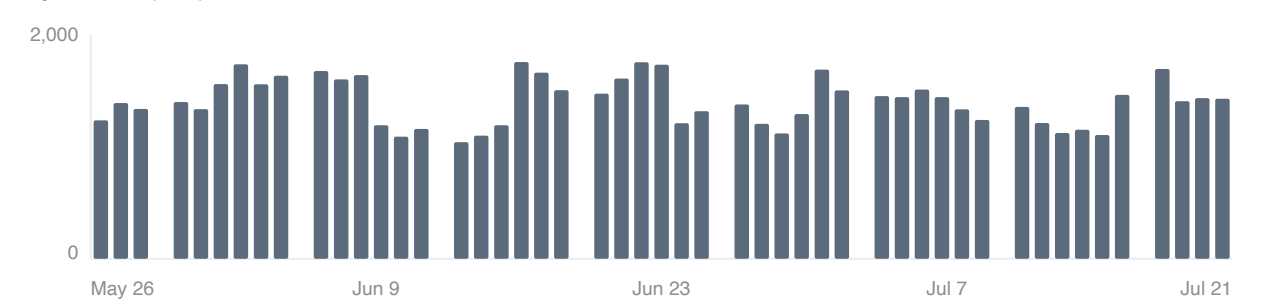
Daily protein (g)



Daily fiber (g)



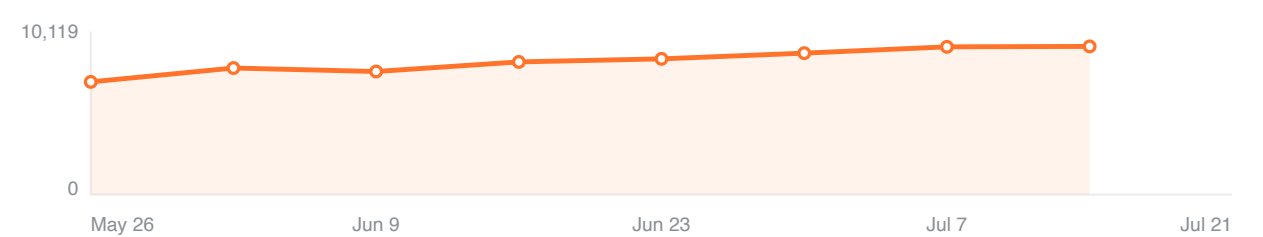
Daily calories (kcal)



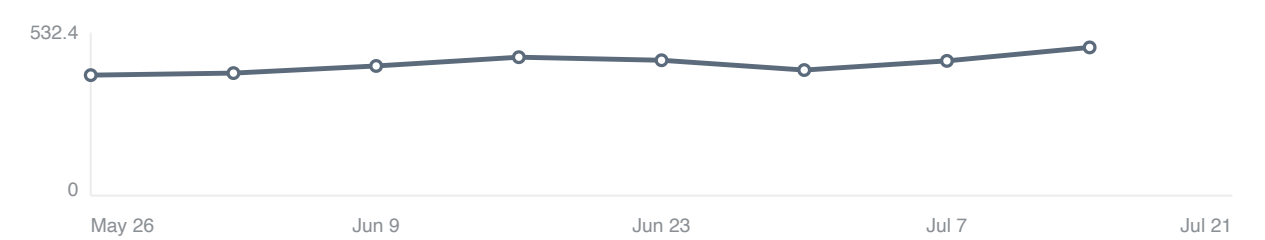
Activity

Avg Daily Steps	8,200
Avg Active Calories	432 kcal
Active Days	44 / 56

Weekly steps (avg/day)

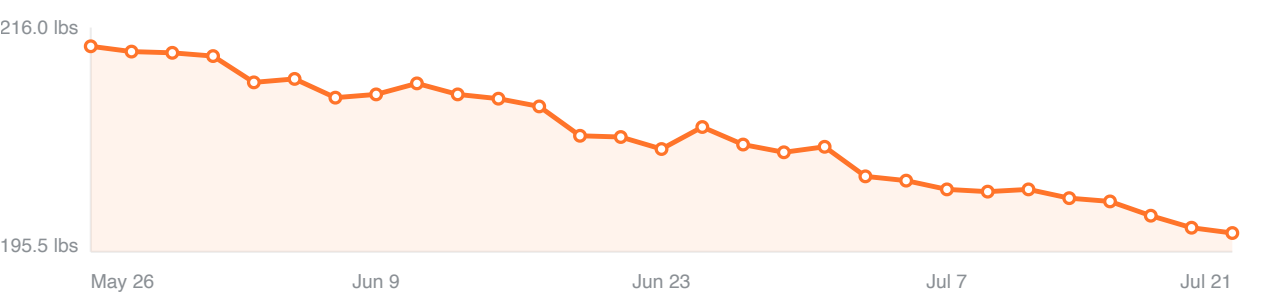


Weekly active calories (avg/day)



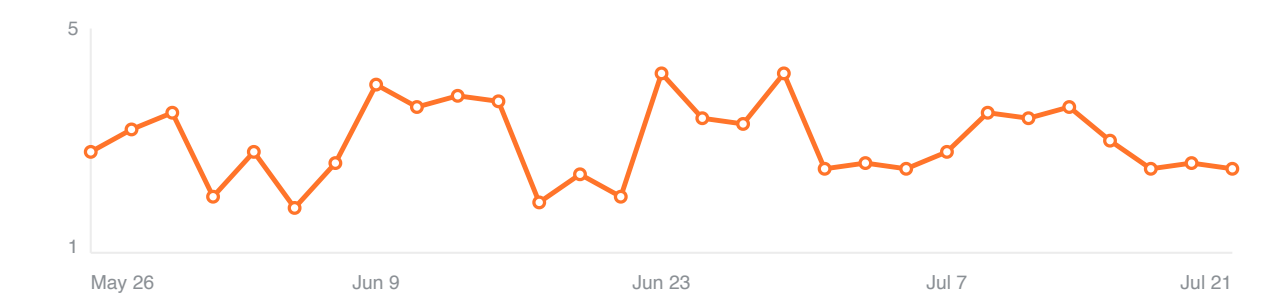
Weight Trend

Down 16.4 lbs over 56 days (2.0 lbs/week, -7.6%).



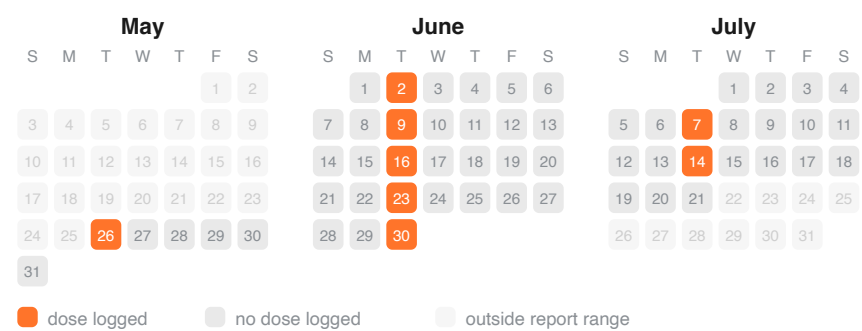
Mood Trend

Average mood 3.0 of 5 across 29 check-in(s).



Dose Logging

8 doses logged over this period. Around 8 would be expected on the current schedule.



A gray day means no dose was logged — which may reflect an un-logged dose rather than a missed one.

Wellness Check-In Scores

Patient self-report, scored 0–100 where **higher is better** — 100 represents the best possible week (fewer or milder symptoms). Low scores flag areas of burden; e.g. a low GI Symptoms score means more GI symptoms.

Domain	Avg Score (higher = better)
Food Noise	78/100
Appetite	82/100
Energy & Mood	74/100
GI Symptoms	68/100
Activity	71/100
Sleep	76/100
Mental Health	80/100

AI-drafted answers to common follow-up questions, written from this patient's self-reported data. Intended as a conversation starter to read alongside the patient, not a clinical assessment.

- **How is the patient responding to treatment?**

The patient has lost 16.4 pounds over 56 days, about 2.0 pounds per week and roughly 7.6 percent of starting weight, with a consistent downward trend and no plateau in the most recent weeks.

- **How well is the patient tolerating the medication?**

Tolerability looks reasonable. Side effects were mostly mild and clustered in the first few days after each dose. Nausea and fatigue both trended milder and less frequent across the period, and no severe episodes were logged.

- **Is the patient taking the medication as prescribed?**

All 8 expected weekly doses were logged on a consistent weekly cadence with no gaps recorded during the window.

- **Is the patient eating adequately to protect lean mass?**

Average protein was about 118 grams per day, near 1.3 grams per kilogram of current body weight, which is supportive of lean-mass preservation. Calories averaged around 1,580 per day and fiber about 26 grams per day, logged on 48 of 56 days.

- **Is the patient active enough to preserve muscle?**

Average daily steps rose from roughly 7,000 to over 9,000 across the period, with 44 active days out of 56. Self-rated activity quality was moderate, suggesting room to add resistance work if appropriate.

- **How are the patient's appetite and food-related behavior?**

Appetite and food-noise check-ins were favorable and stable, and the steady calorie intake suggests appetite is well controlled without excessive restriction.

- **How is the patient's overall wellbeing?**

Energy, mood, and sleep check-ins were generally positive and improved slightly over the period. Mental-health scores stayed high throughout.

This report was created using data from Titra Health, a companion app for people taking GLP-1 medications such as semaglutide and tirzepatide. Titra Health helps users track their medication, nutrition, weight, activity, and side effects so they can better understand their treatment and make informed decisions alongside their care team.

How this report was created

The insights shown here are based on self-tracked data entered by the user. Titra Health supports consistent, accurate tracking with simple logging tools and reminders throughout each dose cycle.

Data included in this report:

- Weight trend over the reporting period
- Nutrition trends (daily protein and calories)
- Side-effect frequency and severity over time
- Mood check-ins and wellness scores
- Activity and daily step counts

This report focuses on day-to-day trends between visits and intentionally omits the medication regimen, which is already on file in the medical record.

How to interpret this report

This report is designed to help spark meaningful conversations between patients and their healthcare providers. It highlights trends in weight, nutrition, activity, and tolerability that may be helpful when discussing treatment.

Please note:

- This report is not a diagnostic tool
- It should be interpreted alongside clinical assessment and any additional testing
- Data accuracy depends on user consistency and memory

Supporting patients and providers through better insights

Titra Health bridges the gap between visits by giving providers a clearer picture of how treatment is going day to day. Our goal is to make every appointment more efficient, informed, and supportive. All data is private, encrypted, and shared only with patient consent.

- Review medication, weight, and nutrition trends in one place
- Understand side effects and tolerability across the dose cycle
- Save time by starting each visit with the bigger picture



View more
information here
titrahealth.io/providers