GAINFRAME / TRAINING NOTES

Four weeks after starting creatine

Use this sheet with your existing weigh-in and training routine.

Start date	Scale unit (lb or kg)	Waist landmark and unit

1. Record comparable weigh-ins

Use the same scale, time of day and clothing. Leave missed readings blank.

Optional example schedule: three mornings a week. Mean = sum divided by number recorded.

	Reading 1	Reading 2	Reading 3	Mean / single value
Before start				
Week 1				
Week 2				
Week 3				
Week 4				

2. Add a weekly check-in

Measure at the same waist landmark. Keep photos private. Pick one repeatable lift.

	Waist	Photo date	Lift and load	Sets x reps
Before start				
Week 1				
Week 2				
Week 3				
Week 4				

What else changed during these weeks?

Record travel, changes in training, illness or a different scale alongside the date.