Regimen Peptide Tracker Raises the Bar for Peptide Tracking: Doses, Lab Work and Side Effects on One Timeline

Version 2.2 adds lab report scanning, a visual injection site body map with per-compound rotation, blood glucose logging and shareable progress cards.



Regimen is the GLP-1 and peptide tracker that puts your doses, labs, side effects and health metrics on one timeline and shows you how your body is responding.

LOS ANGELES, CA, UNITED STATES, September 17, 2026 / EINPresswire.com/ -- Regimen, a peptide tracker app for iPhone, Android and the web used by more than 25,000 people, has released version 2.2. Regimen is the most complete peptide tracker: injection logging, custom scheduling with cycles and dose titration, peptide calculators for reconstitution and dosing, half-life tracking, injection site rotation, supply tracking, side effects and 50+ daily markers, bloodwork, weight and health metrics, progress photos, 200+ compounds, and pattern detection across all of it, for peptides, GLP-1 medications, TRT and HRT in one app.

Most people are still tracking their protocol from memory, in a notes app or in a spreadsheet, and the protocols have outgrown that. In Regimen's published State of Peptide Tracking data, about a third of active users run more than one kind of compound at once, most often a GLP-1 plus a peptide. Only about one protocol in three is dosed daily; the rest run weekly, on set days, every few days, or on a cycle, which about 14% do.

A medication reminder was built for simple tracking: one pill, once a day. It cannot handle vial reconstitution, a dose split across the week, a cycle, or a dose increase every few weeks. And it cannot tell you how you're responding to any of it.

What makes Regimen more than a simple tracker:

Lab work on the dose timeline. Scan a lab report and Regimen plots the results against your

dose history, so you see whether a dose change moved your numbers.

Pattern detection. Regimen tracks doses, daily markers, weight and labs against your own baseline and flags what moved after a change: food noise creeping back around day five, a weight trend that shifts after a dose increase.

Side effects you can act on. Pick the markers that matter to you from more than 50. Each is logged with a severity and a date against the dose it followed, so you can tell whether the nausea is fading or the dose is the problem.

New in 2.2:

- Lab report scanning: upload your lab report and Regimen pulls out the values and the draw date, flags anything out of range, and plots each marker against your dose history.
- A visual body map for injection sites that shows where you have been and suggests where next, so you never hit the same spot too often. Add your own spots, and set a separate rotation for each compound if you want one.
- Blood glucose logging, fasted and post-meal.
- Split dosing: two, three or four doses a week, each on its own day and time.
- Progress cards: turn your photos into a shareable before-and-after, with optional weight and body fat % overlays.
- An expanded provider report: adherence, your current protocol with dose changes, weight and side effects over the last 90 days, in one PDF.

"If you're going to run peptides or a GLP-1, you should be able to see what they're actually doing for you. Consistency is part of it. Understanding how your body is responding is the rest, and that is the part most apps skip," said Regimen's founder. "The peptide space is full of noise. Regimen helps you find your signal."

Regimen does not recommend compounds or doses; it helps you run your protocol your way and see how your body is responding. Your data is yours: never sold, and yours to export whenever you want.

About Regimen
The Regimen app is the GLP-1 and peptide tracker that shows you the whole picture of how your body is responding, for peptides, GLP-1 medications, TRT and HRT. Free to download, with a free tier for a first compound and a 14-day free trial of the subscription. Published by Awaken Labs LLC. helloregimen.com. Get the Regimen peptide tracker on the App Store: apps.apple.com/app/id6753905449. Google Play: play.google.com/store/apps/details?id=com.regimen.app

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