

Welcome to Your GLP-1 Journey

Congratulations on taking this important step toward your health goals. Starting GLP-1 medication is a significant decision, and you're likely feeling a mix of excitement and uncertainty about what comes next. Your prescription came with dosing instructions, but it didn't come with a roadmap for success.

That's where this checklist comes in. Over the next 30 days, you'll use this action plan to navigate your first month on GLP-1 with confidence. Each week builds on the last, helping you establish the habits, routines, and strategies that maximize your results while managing any challenges that arise.

How to Use This Checklist:

- Check off each item as you complete it
- Don't feel pressured to be perfect, progress over perfection
- Adjust timing as needed based on your schedule and how you're feeling
- Keep notes in the margins about what works best for you
- Consult your healthcare provider for any medical concerns

Week 1: Getting Started (Days 1-7)

Focus: Foundation Building & Initial Adjustments

Day 1 - First Dose Day

- Take your first dose as prescribed by your doctor
- Set up a medication tracking system (phone app, calendar, or journal)
- Create a simple food diary to track meals and hunger levels
- Schedule your next few doses in your calendar with reminders
- Stock your kitchen with GLP-1-friendly basics (see shopping list below)
- Take initial measurements and photos for progress tracking (optional)

Day 2-3 - Establishing Routines

- Plan your first week of meals focusing on protein and fiber
- Set consistent meal times (aim for 3 meals, 2 small snacks if needed)
- Start eating slowly and mindfully, put your fork down between bites
- Drink water before and during meals, but not large amounts with food
- Notice any changes in appetite or side effects (note them in your diary)
- Prepare easy backup meals for days when you don't feel like cooking

Day 4-5 - Side Effect Management Setup

- Stock up on side effect management essentials:
- Ginger tea or ginger candies for nausea
- Electrolyte packets or drinks
- Probiotics or plain yogurt
- Saltine crackers or bland snacks
- Learn the signs that you're eating too fast or too much
- Practice stopping when you feel satisfied, not full
- Identify your "comfort foods" and find GLP-1-friendly alternatives

Day 6-7 - First Week Assessment

- Review your food diary, what patterns do you notice?
- Note any side effects and what helped manage them
- Assess your hunger levels compared to before starting medication
- Plan next week's meals based on what worked this week
- Schedule check-ins with your healthcare provider as recommended
- Celebrate completing your first week!

Week 1 Shopping List:

- Lean proteins: chicken breast, fish, eggs, Greek yogurt
- Easy-to-digest foods: white rice, bananas, oatmeal
- Nausea helpers: ginger tea, crackers, toast
- Hydration: water, herbal teas, low-sugar electrolyte drinks

Week 2: Building Momentum (Days 8-14)

Focus: Optimizing Nutrition & Managing Side Effects

Day 8-9 - Protein Power

- Aim for 20-30g protein at each meal
- Try protein-first eating (eat protein before carbs/fats)
- Experiment with protein powder in smoothies or oatmeal
- Track how protein affects your satiety and energy levels
- Find 3-5 high-protein snacks you actually enjoy
- Notice if higher protein helps with any side effects

Day 10-11 - Portion Perfection

- Use smaller plates and bowls to naturally reduce portions
- Measure portions for a few days to calibrate your new "normal"
- Practice the "stop, check-in, continue" method during meals
- Learn to distinguish between satisfied and full
- Don't force yourself to finish meals if you're satisfied
- Save leftovers immediately when you feel done eating

Day 12-13 - Hydration & Timing

- Set a water intake goal (aim for clear or light yellow urine)
- Stop drinking 30 minutes before meals and wait 30 minutes after
- Find optimal timing between doses and meals (if relevant to your medication)
- Notice if eating too close to your dose affects side effects
- Experiment with warm vs. cold beverages for comfort
- Track energy levels throughout the day

Day 14 - Two-Week Check-In

- Weigh yourself and take measurements (if that's part of your plan)
- Review your food diary for patterns and improvements
- List three things that are working well
- Identify one area you'd like to improve next week
- Adjust your meal plan based on what you've learned
- Schedule any needed follow-up appointments

Week 2 Focus Foods:

- High-protein options you've tested and enjoyed
- Foods that settle well when you have nausea
- Meal combinations that keep you satisfied for 3-4 hours

Week 3: Fine-Tuning Your Approach (Days 15-21)

Focus: Addressing Challenges & Building Confidence

Day 15-16 - Problem-Solving Mode

- Identify your biggest challenge from weeks 1-2
- Research solutions or ask your healthcare provider for guidance
- Test one new strategy for managing side effects
- Find alternatives for foods that aren't working well
- Connect with online GLP-1 communities for support (if desired)
- Create backup plans for difficult days

Day 17-18 - Social Situations

- Plan ahead for any upcoming social meals or events
- Practice polite ways to decline food or explain smaller portions
- Research restaurant menus and identify GLP-1-friendly options
- Consider eating a small snack before social events
- Prepare responses for well-meaning comments about your eating
- Focus on the social aspect rather than the food

Day 19-20 - Habit Reinforcement

- Identify which new habits feel most natural now
- Notice which behaviors still require conscious effort
- Create environmental cues to support your new habits
- Remove temptations or triggers from easy access
- Practice mindful eating during at least one meal per day
- Celebrate small victories and progress

Day 21 - Three-Week Milestone

- Reflect on how your relationship with food has changed
- Note any improvements in energy, sleep, or mood
- Assess which side effects have improved or resolved
- Update your meal planning based on preferences and responses
- Consider whether any medication timing adjustments might help
- Plan rewards for non-food victories

Week 3 Wins to Celebrate:

- Eating appropriate portions without measuring
- Managing side effects effectively
- Feeling more in control around food
- Building sustainable daily routines

Week 4: Establishing Long-Term Habits (Days 22-30)

Focus: Sustainability & Looking Ahead

Day 22-23 - Routine Mastery

- Identify your most successful meal patterns and timing
- Create a template for easy meal planning going forward
- Stock your kitchen with foods that consistently work well
- Establish a sustainable grocery shopping routine
- Finalize your medication timing and reminders system
- Practice intuitive portion control without measuring tools

Day 24-25 - Mindset & Motivation

- Write down three ways GLP-1 has positively impacted your life
- Identify your deeper "why" beyond the number on the scale
- Practice self-compassion for imperfect days
- Develop strategies for handling stress without emotional eating
- Connect with your support system about your progress
- Set realistic expectations for continued progress

Day 26-27 - Future Planning

- Research what to expect in months 2-3 of your GLP-1 journey
- Consider working with a nutritionist or dietitian
- Plan for potential weight loss plateaus or side effect changes
- Think about incorporating or adjusting exercise routines
- Identify warning signs that might indicate you need medical guidance
- Create a plan for handling special occasions and holidays

Day 28-30 - 30-Day Success Assessment

- Complete a thorough review of your first month (see next section)
- Set goals and priorities for your second month
- Schedule any needed healthcare provider check-ins
- Update your support system on your progress and ongoing needs
- Plan your approach for continuing education about GLP-1
- Commit to ongoing self-monitoring and adjustment

Week 4 Achievement Unlocked:

- Confident navigation of your first month
- Personalized strategies that work for your body and lifestyle
- Clear understanding of your individual response patterns
- Solid foundation for long-term success

Monthly Review & Progress Assessment

Physical Changes

- Weight change (if tracking): _____
- Measurements (if tracking): _____
- Energy levels: Much Better | Better | Same | Worse
- Sleep quality: Much Better | Better | Same | Worse
- Appetite changes: Significant | Moderate | Minimal

Side Effect Management

- Nausea: Resolved | Improved | Manageable | Ongoing concern
- GI issues: Resolved | Improved | Manageable | Ongoing concern
- Other side effects: _____

Behavioral Wins

- Most successful new habit: _____
- Biggest challenge overcome: _____
- Most helpful strategy discovered: _____

Looking Ahead

- Top priority for month 2: _____
- Support needed: _____
- Questions for healthcare provider: _____

Your Next Steps: Building on Success

Congratulations! You've completed your first 30 days on GLP-1 medication. This is no small achievement, you've navigated the learning curve, established new habits, and built a foundation for long-term success.

What typically happens next:

- Continued appetite suppression with better side effect management
- More intuitive eating patterns that require less conscious effort
- Gradual, sustainable weight loss (if that's your goal)
- Increased confidence in social and challenging food situations

Keep learning and growing:

Your GLP-1 journey is unique to you, and there's always more to discover about optimizing your results. Consider exploring topics like meal timing, exercise integration, stress management, and long-term maintenance strategies.

Remember: Progress isn't always linear, and perfect adherence isn't required for success. What matters most is that you continue showing up for yourself, making adjustments when needed, and celebrating the victories along the way.

You've got this, and you've already proven it by completing these first crucial 30 days.

Medical Disclaimer: This checklist provides general wellness guidance and is not intended as medical advice. Always consult your healthcare provider for medical decisions, dosing guidance, or concerns about side effects. Individual results may vary.