



4 HEALTHIER ME

Simple Tools. Sustainable Habits. Healthier Living.

STARTER KIT

Your First 30 Days on a GLP-1

*A week-by-week guide to your smoothest,
most confident start.*



WHAT'S INSIDE

- ✓ Before You Start Checklist
- ✓ Week 1: The Adjustment Phase
- ✓ Week 2: Finding Your Rhythm
- ✓ Week 3: Building Habits That Stick
- ✓ Week 4: Reflect + Recalibrate
- ✓ 30-Day Tracker + Milestones

You're not doing this alone.



Before You Start

Set yourself up for a strong first week

Deep breath. You've got this.

Starting a GLP-1 is a big step. A little prep the day before goes a LONG way toward avoiding surprises and side effects. Here's your pre-launch checklist.

KITCHEN PREP CHECKLIST

- ☐ Stock high-protein basics (Greek yogurt, eggs, chicken, cottage cheese)
- ☐ Buy a large water bottle (at least 24oz — bigger is better)
- ☐ Grab electrolytes (LMNT, Liquid IV zero, Nuun, or Propel zero)
- ☐ Get bland comfort foods: crackers, rice, bananas, applesauce, broth
- ☐ Stash ginger tea or ginger chews for nausea
- ☐ Buy a fiber supplement (Metamucil, Benefiber, or magnesium citrate)
- ☐ Toss or hide highly greasy/fried trigger foods for a smooth start

HOME PREP CHECKLIST

- ☐ Designate a fridge spot for your pen (36–46°F)
- ☐ Buy a sharps container (or use a heavy-duty detergent bottle)
- ☐ Set 3 daily phone reminders: WATER · PROTEIN · MOVEMENT
- ☐ Download a habit-tracking app (or print our 30-Day Tracker on page 6)
- ☐ Take a starting photo + measurements (waist, hips, thighs)
- ☐ Weigh yourself once — then put the scale away until Week 4

MINDSET PREP CHECKLIST

- ☐ Write down your WHY (bigger than a number on the scale)
- ☐ Pick 3 non-scale victories to track (energy, sleep, clothes fit, mood)
- ☐ Message your coach and introduce yourself
- ☐ Tell one supportive person your plan (accountability magic)
- ☐ Give yourself permission to go slow. This is a marathon.

COACH'S TIP

Injection Sundays work best for most members — side effects peak Mon-Tue when you're already home.



Weeks 1 & 2

Adjustment phase — go gentle, go slow

WEEK 1 The Adjustment Phase

Expect: appetite drop, mild nausea, weird food thoughts

- Focus on HYDRATION over food — sip all day, not with meals
- Eat when hungry, stop at 70% full
- Start with bland/familiar foods — not the time for experiments
- Get 30g of protein per meal, even if portion is small
- Walk 10 minutes after each meal — helps digestion + blood sugar
- Log side effects (day + severity) to share with your coach

WEEK 2 Finding Your Rhythm

Expect: appetite predictable, side effects easing

- Add variety back — protein at every meal is still #1
- Try 5–6 mini meals instead of 3 large (game-changer)
- Introduce electrolytes daily if you haven't yet
- Add strength or resistance work 2–3x this week
- Notice your 'food noise' — is it quieter? Journal it.
- Check in with your coach — what's working, what's not

REMEMBER

Weeks 1–2 are the toughest for MOST members. If you're struggling, you're not failing — you're adjusting. This is temporary. Message your coach anytime.



Weeks 3 & 4

Building habits that outlast the medication

WEEK 3

Building Habits That Stick

Expect: energy returning, some weight loss visible

- Now that appetite is stable, dial in food QUALITY
- Aim for 25–35g fiber daily (fights constipation, boosts satiety)
- Add strength training 3x week — non-negotiable for muscle
- Take progress photos (same lighting, same time, same angle)
- Try new high-protein recipes — variety keeps you consistent
- Notice which times of day are hardest & plan ahead

WEEK 4

Reflect + Recalibrate

Expect: real habits forming, real transformation starting

- Retake measurements + progress photos (compare to Week 0)
- Weigh yourself for the first time since starting
- Review your tracker — what's your MVP habit? Do more of it.
- Schedule a check-in with your provider (dose review)
- Celebrate 3 non-scale victories in writing
- Set your ONE focus goal for Month 2

YOU DID IT

Finishing 30 days is huge. Whatever the scale says, you've built something bigger: the habits and self-trust that will carry you for the LONG game.





Your Daily Anchors

The 5 habits that make everything else easier

THE 5 DAILY NON-NEGOTIABLES



HYDRATE

Half your body weight in ounces of water. Add electrolytes daily.



PROTEIN FIRST

30g per meal, 80–100g per day. Protein before carbs.



MOVE

10–20 min walk after meals + 3x strength sessions weekly.



SLEEP

7+ hours. GLP-1s work WITH your hormones — sleep amplifies results.



VITAMINS

Daily multivitamin + magnesium at night. Fills common gaps.

WHAT TO EXPECT — QUICK LOOK

Days 1–3: Appetite drops fast. Mild nausea common. Sip fluids, eat small.

Days 4–7: Side effects usually peak, then ease. Bland foods still help.

Week 2: Rhythm forms. Food noise quieter. Some early wins visible.

Week 3: Energy returns. Time to add strength training in.

Week 4: Habits feel automatic. Measurable progress. Dose may adjust.



Your 30-Day Tracker

Print this. Fill it in. Watch your habits stack up.

Check off each habit daily. Aim for progress, not perfection.

Day	H2O	Prot	Move	Sleep	Vit	Mood 1–10	Notes
1							
2							
3							
4							
5							
6							
7							
8							
9							
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11							
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MILESTONE CHECKPOINTS

Day 7: You survived Week 1 — the hardest one. Text your coach a win.

Day 14: Take a mid-point measurement. Notice how clothes fit.

Day 21: Add or level up strength training. Muscle = metabolism.

Day 30: Full progress review — photos, measurements, and 3 NSVs.