



LIFE AFTER THE MEDICATION



# Maintenance Guide

*Holding your weight loss — on the med, tapering, or off*

6-PAGE PDF

## INSIDE THIS GUIDE

- Mindset shifts for lifelong maintenance
- 6 on-med rules · 6 off-med rules
- 8 non-negotiable habits
- Traffic-light rescue plan (green · yellow · red)
- For injectables AND oral weight-loss meds

### BEST FOR

Anyone finishing GLP-1 or oral meds who wants to keep the loss.

### COACH'S TIP

*Maintenance isn't a phase — it's the habits you keep doing forever.*



# The Maintenance Mindset

*How to think about weight loss now that you've won the first battle*

Losing weight is a sprint. Maintaining is a marathon.  
The rules change. Here's how the mindset must shift:

## 5 MINDSET SHIFTS FOR MAINTENANCE

**FROM: Losing**



**TO: Living**

*Weight loss was a season. This is the rest of your life.*

**FROM: Restriction**



**TO: Rhythm**

*Extreme diets end. Sustainable rhythms don't.*

**FROM: Scale-focus**



**TO: Habit-focus**

*The scale is a data point, not a verdict.*

**FROM: All-or-nothing**



**TO: Always-something**

*Missed a workout? Walk. Bad meal? Better next one.*

**FROM: The drug did it**



**TO: I did it**

*The medication was a tool. YOU built the habits.*

## UNDERSTAND YOUR NEW SET POINT

- Your body has a 'set point' — a weight it fights to return to. GLP-1s temporarily lower yours.
- The longer you stay at your new weight, the more your body accepts it as the new normal.
- Rule of thumb: give it 12 months at goal weight before your body 'settles.' Protect that year fiercely.

### ★ COACH'S TIP

*The people who keep it off aren't the ones with the most willpower — they're the ones who built habits so automatic they don't need willpower anymore. Systems beat motivation.*





## PHASE 1 · ON GLP-1

## Maintaining While On the Med

*You hit your goal. Now the medication maintains — but so must you.*

### WHAT CHANGES AT MAINTENANCE DOSE

|                           |                                                              |
|---------------------------|--------------------------------------------------------------|
| APPETITE RETURNS SLIGHTLY | Not roaring back — but you can eat more. Don't.              |
| SIDE EFFECTS EASE         | Less nausea, more energy — the perfect time to build habits. |
| SCALE STABILIZES          | Small ups & downs are normal. Trend line is what matters.    |
| PROVIDER VISITS SPACE OUT | Every 3-6 months instead of monthly.                         |

### YOUR 6 ON-MED MAINTENANCE RULES

- 1 KEEP EATING PROTEIN LIKE YOU DID**  
80-100g daily. Muscle loss is still a risk — never let up on this.
- 2 STRENGTH TRAIN 2-3x A WEEK**  
Non-negotiable. Preserves what you built and burns calories at rest.
- 3 WEIGH YOURSELF WEEKLY**  
Same day, same time. Not daily (too noisy) — not monthly (too late).
- 4 STAY IN CONTACT WITH YOUR COACH**  
Monthly check-ins prevent slow drift. Accountability is oxygen.
- 5 PRACTICE 'EATING NORMAL' NOW**  
Don't wait until you stop the med. Learn hunger cues while cushioned.
- 6 DON'T DROP THE HABITS**  
Water, movement, sleep, protein. Same as day 1. This is the whole game.

#### ★ COACH'S TIP

*This phase is your training camp. Practice the habits NOW while the medication makes it easier.*





## PHASE 2 · OFF GLP-1

## Coming Off the Medication

*The real test. Your habits — not a drug — carry you now.*

■ **KNOW THIS:** Studies show most people regain 2/3 of lost weight within a year of stopping — UNLESS they build sustainable habits first. Which is why you're reading this. You've got this.

### TAPER — DON'T QUIT COLD

- **With your provider** NEVER stop on your own. Discuss the plan 2-3 months out.
- **Step down slowly** Move to a lower dose for 1-3 months before stopping.
- **Watch for return-hunger** Real hunger returns 1-3 weeks after last dose. Be ready.
- **Keep coach access** This is when you need support MOST — not less.

### YOUR 6 OFF-MED SURVIVAL RULES

- 1 EAT PROTEIN FIRST — EVERY MEAL**  
30g minimum. Kills the return-hunger before it starts.
- 2 PRE-PLAN YOUR WEEK**  
Meal prep Sunday. Restaurants pre-picked. Snacks in the bag.
- 3 DOUBLE DOWN ON MOVEMENT**  
Now you truly need the calorie burn. 10K steps + strength.
- 4 WATER + FIBER = FAKE-FULLNESS**  
Fills your stomach before food does. Old GLP-1 trick, still works.
- 5 WEIGH IN 3x A WEEK**  
Catches drift early. If you're up 3+ lbs, act — don't wait.
- 6 TRUST THE PROCESS OF SLOW**  
You may gain 5-10 lbs back. That's normal. Stabilize, don't panic.

#### ★ COACH'S TIP

*The first 90 days off-med are the crucible. Get through them and you've built a new normal.*





# The 8 Non-Negotiables

*Whether you're on the med or off — these 8 habits never quit*

## ■ PROTEIN AT EVERY MEAL

30g minimum. This one habit does 50% of the work.

## ■ 80+ OZ WATER DAILY

Fake hunger, real fatigue, dry skin — all fixed by water.

## ■ STRENGTH TRAIN 2-3x/WK

Muscle burns calories 24/7. Your metabolic insurance.

## ■ 10,000 STEPS DAILY

The most sustainable calorie burn in existence.

## ■ 7-8 HOURS SLEEP

Less sleep = more cravings, more cortisol, more regain.

## ■ WEEKLY WEIGH-IN

Same day, same time. Trend line, not daily drama.

## ■ NO FOOD DRAMA

One 'off' meal doesn't undo a month. Next meal, reset.

## ■ STAY CONNECTED TO YOUR COACH

Isolation is where relapse lives. Community is where you thrive.

★ THE ONE RULE THAT RULES THEM ALL ★

**Consistency > Perfection**

*5 out of 7 days each week wins the year. You don't need perfect. You need present.*





# When The Scale Creeps Up

*Your rescue plan for when maintenance stops maintaining*

It happens to everyone. Scale creeps up. Jeans get tight. Don't panic — course-correct.

## THE 3-ZONE RESPONSE SYSTEM

### GREEN

#### 0-3 lbs up from goal

*Normal fluctuation. Water, hormones, sodium. Don't change anything.*

**ACTION** → Weigh in weekly. Trust the process.

### YELLOW

#### 3-7 lbs up from goal

*Early drift. Time to tighten up — not overhaul.*

**ACTION** → Log food for 2 weeks. Add 1 workout. Cut alcohol. Bump protein.

### RED

#### 7+ lbs up from goal

*Real regain. Call your coach or provider — don't white-knuckle it alone.*

**ACTION** → Full reset: meal prep back on, coach check-ins weekly, honest audit of what changed.

### ★ COACH'S FINAL WORD

*Regain doesn't mean failure — it means you're human. What matters is what happens next.*  
**Your body changed. Your habits changed. You changed.**

*This is a lifelong dance — not a one-time win. Keep showing up. You've got this.*

