

MEMBER INFOGRAPHIC · WEEK 1 THROUGH MONTH 6

Your Success Timeline

What to focus on, what to expect, and roughly what to see on the scale at each stage.



Ranges are typical - your results depend on medication, dose, and habits.

WEEK 1

Starting out

FOCUS

Take it exactly right

Same time each day. Follow the food rule. Set a phone alarm so you don't forget.

EXPECT

Mild nausea, headache, or fatigue

WEEK 2

Adjusting

FOCUS

Protein at breakfast

Appetite may drop fast. Aim for 30 g protein at breakfast so you don't lose muscle. Sip water all day.

EXPECT

Side effects start to ease

WEEKS 3 - 4

Building routine

FOCUS

Add daily movement

30 minutes of walking counts. Track your protein, water, and steps. Show your coach the log.

EXPECT

1 - 2 lb per week loss

MONTH 2

Dose stepping up

FOCUS

Ride out the new dose

Side effects may briefly return after each dose increase - this is normal. Bland, protein-first meals for 3 - 5 days.

EXPECT

Steady loss continues

MONTH 3 - 4

Adding strength

FOCUS

Protect your muscle

With provider approval, add strength training 2 - 3 days a week. This is what keeps the weight off.

EXPECT

Clothes fit differently

MONTH 5 - 6

Long game

FOCUS

Habits over willpower

The medication is doing half the work - your daily habits are doing the other half. Plan for maintenance.

EXPECT

Plateau is normal, not failure

DO THESE FOUR THINGS EVERY DAY - AT EVERY STAGE

30 g

protein at breakfast

64 oz

water minimum

30 min

movement

7 - 9 hrs

sleep