



GLP-1 SUCCESS CHEAT SHEET

Daily habits to support nutrition, strength & well-being on your GLP-1 journey

Your medication is one part of the picture. Daily habits can help support your health, strength and long-term progress. Use this sheet as a simple companion to the treatment plan recommended by your healthcare provider.

1 | YOUR DAILY BIG 5

Aim for consistency, not perfection.

■ Protein

Include protein-rich foods throughout the day.

■ Hydration

Drink fluids regularly, especially when appetite is reduced.

■ Movement

Include regular movement and strength-building activity as appropriate for you.

■ Fiber & Nourishing Foods

Choose fiber-rich and nutrient-dense foods you tolerate well.

■ Sleep & Recovery

Make adequate sleep and recovery part of your health plan.

Small habits, repeated consistently, can add up to meaningful progress.

2 | MAKE PROTEIN A PRIORITY

When you're eating less, it can be harder to get enough protein and other important nutrients. Try including a protein-rich food at meals and snacks. If your appetite is low, eating the protein portion first may help.

Easy ideas: eggs, chicken, turkey, Greek yogurt, cottage cheese, lean beef, tofu, beans, lentils, or a protein shake.

My provider or dietitian recommends: _____
grams/day

Protein needs vary with health, body composition, activity level and medical conditions.

3 | SUPPORT MUSCLE HEALTH

Weight loss can include loss of muscle as well as body fat. Nutrition and physical activity can help support strength and muscle health.

■ Include adequate protein

■ Strength train as appropriate for your ability

■ Stay regularly active

■ Avoid overly restrictive dieting

■ Support your body with adequate nutrition and fluids

■ Discuss significant weakness or loss of function with your healthcare provider

Remember: Protein and resistance exercise work together. Eating more protein isn't a substitute for using your muscles.

4 | CHECK IN WITH HUNGER & FULLNESS

GLP-1 medications may change the hunger and fullness signals you're accustomed to. Use the scale to notice patterns, not as a strict rule for when you should or shouldn't eat.

1	Extremely hungry	6	Comfortably satisfied
2	Very hungry	7	Satisfied
3	Hungry	8	Full
4	Slightly hungry	9	Very full
5	Neutral	10	Uncomfortably full

Before eating: _____ **After eating:** _____

Very low appetite can sometimes make it difficult to eat enough. Talk with your healthcare provider if you're regularly struggling to meet nutrition or hydration needs.

Life Made Simple | Keep what helps. Skip perfection.



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Simple support for the days when your body needs a little extra attention

5 | WHEN SIDE EFFECTS SHOW UP

Digestive side effects can occur with GLP-1 medications. Your healthcare provider should guide you on persistent or significant symptoms, but some everyday strategies may help with mild symptoms.

NAUSEA

- Try smaller meals
- Eat slowly
- Notice and limit foods that worsen symptoms
- Greasy or very high-fat foods may be harder to tolerate
- Sip fluids regularly

CONSTIPATION

- Stay hydrated
- Include fiber-rich foods you tolerate well
- Increase fiber gradually
- Keep your body moving regularly

FATIGUE

- Make sure you're eating enough
- Include protein and nutrient-dense foods
- Keep up with fluids
- Pay attention to sleep and recovery

Call your healthcare provider for symptoms that are severe, persistent or worsening, or if vomiting, diarrhea or other symptoms make it difficult to stay hydrated or nourished.

6 | YOUR WEEKLY CHECK-IN

This isn't a report card. It's a way to notice what may need more attention.

Protein & nutrition	_____
Hydration	_____
Movement	_____
Strength-building activity	_____
Sleep	_____
Energy	_____
Digestion / side effects	_____
Overall well-being	_____

7 | PROGRESS IS MORE THAN THE SCALE

Weight is only one way to notice change. You may also choose to track:

- Waist or other measurements
- How your clothes fit
- Energy
- Strength
- Mobility or endurance
- Daily habits
- Blood pressure, if recommended
- Blood glucose, if recommended
- Other health measures recommended by your provider

ONE THING THAT WENT WELL THIS WEEK

ONE THING I WANT TO FOCUS ON NEXT WEEK

MY NOTES / QUESTIONS FOR MY HEALTHCARE PROVIDER

A NOTE FROM LIFE MADE SIMPLE

Your medication is one part of the picture. Your daily habits can help support your health, strength and long-term progress. Focus on what you can do consistently, adjust when something isn't working, and involve your healthcare team when you need help.

Small steps. Sustainable progress.

IMPORTANT MEDICAL DISCLAIMER: This resource is for general educational and organizational purposes only and is not medical advice. Individual nutrition, hydration, exercise and treatment needs vary. Follow the recommendations of your prescribing healthcare provider and other qualified members of your healthcare team. Contact your healthcare provider with questions about your medication, side effects, nutrition needs or changes in your health.

More GLP-1 and
wellness resources
lifemadesimple.live/health-made-simple/

