



LeanOnGLP1.com

FOR GLP-1 MEDICATION USERS

The 4-Week GLP-1 Playbook

Lose Fat.

Keep Muscle.

A printable daily companion
to the free protocol for
Ozempic, Wegovy & Mounjaro
users.

28 daily checklists

Blood pressure log

Weekly weigh-in tracker

4-week summary review

100% free. No sign-up.

No email required.

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Image: Alexa Popovich / Pexels

Welcome: 4 Weeks to Set the Standard

The kick-off plan for your GLP-1 journey — done right

This is the playbook for your first four weeks on GLP-1 medication. Not a quick fix. Not a magic trick. The window when the medication does the most heavy lifting — and when the habits you build will decide everything that comes after.

Because here's the truth: the injections will not save you. They'll quiet your hunger, yes. But they won't get you out of bed for a walk. They won't choose the protein-rich meal. They won't build the discipline you'll need when the prescription runs out. That part has to come from you.

These 28 days are how you set the standard. You tick the boxes. You hit the protein. You lift the weights. You walk. You sleep. You log it all. And by week four, the routines stop being something you do — they become who you are.

Print this guide. Keep it visible. Refer to it daily. The schedule assumes Friday-evening injections at 20:00 and Sunday-morning weigh-ins, with three strength sessions per week (Mon / Wed / Fri). The full strength program is on the next page.

DAILY TARGETS AT A GLANCE

- Protein: 1.6g per kg of Adjusted Body Weight (0.7g per lb)
- Water: 2-3 liters (about 70-100 fl oz)
- Strength training: 3 sessions per week (Mon / Wed / Fri)
- Walking: 30 minutes daily, light pace, outdoors if possible
- Sleep: 7-9 hours per night, same bedtime each day
- Supplements: vitamin D, creatine, magnesium, omega-3, electrolytes

IMPORTANT MEDICAL DISCLAIMER

This is educational content, not medical advice. The author is not a doctor or registered dietitian. Always consult your physician before changing diet, exercise, or medication. Protein targets may not suit those with kidney disease.

Your Strength Program

Three sessions per week. Same workout each time. 30-45 minutes.

Don't overcomplicate this. The same full-body workout, three times a week, is enough to preserve muscle while you lose fat. Train Monday, Wednesday, Friday — those days are already in the schedule. Pick weights heavy enough that the last 2-3 reps feel hard (RPE 7-9).

#	Exercise	Pattern	Sets x Reps	Rest	Why
1	Goblet Squat	Squat	3 x 8-12	90 sec	Trains legs + core, kind to the back
2	Dumbbell Shoulder Press	Press	3 x 8-12	90 sec	Builds shoulders + triceps
3	Romanian Deadlift	Hinge	3 x 8-12	90 sec	Hamstrings, glutes, lower back
4	Lat Pulldown or Pull-up	Pull	3 x 8-12	90 sec	Back, biceps, grip
5	Plank	Core	3 x 30-60s	60 sec	Core stability under load

HOW TO RUN THE PROGRAM

- Same workout, three days a week (Mon / Wed / Fri).
- Warm up 5 min — light cardio + 1-2 sets at half weight.
- Last 2-3 reps should feel HARD. If not, add weight next session.
- Log weights used. Beating last week = progress = muscle preserved.
- Skip a day if sick or completely depleted. Don't skip two in a row.

NO EQUIPMENT? SUBSTITUTIONS

- Goblet squat → bodyweight squat or split squat
- Shoulder press → push-up (incline or floor)
- Romanian deadlift → single-leg hip hinge or glute bridge
- Lat pulldown → inverted row under table or band pull

Video tutorials for every exercise: leanonglp1.com/#training

Friday — Week 1 — Injection #1

Injection day. Take dose at 20:00. Rotate site from last week. Eat a protein-rich dinner first.

TIME	ACTIVITY
<input type="checkbox"/> Morning	Water: 1 large glass on waking
<input type="checkbox"/> Morning	Blood pressure check (seated + standing if relevant)
<input type="checkbox"/> Morning	Any prescribed daily medication
<input type="checkbox"/> Morning	Vitamin D3 (2,000-5,000 IU) with breakfast
<input type="checkbox"/> Morning	BREAKFAST: high-protein (e.g. Greek yogurt or quark, berries, banana)
<input type="checkbox"/> Mid-morning	Water with electrolytes (1 teaspoon mix)
<input type="checkbox"/> Mid-morning	Water: 1-2 more glasses
<input type="checkbox"/> Lunch	LUNCH: protein source (e.g. eggs, chicken, fish) + vegetables
<input type="checkbox"/> Lunch	Omega-3 (1 capsule)
<input type="checkbox"/> Lunch	Water: 1 large glass
<input type="checkbox"/> Lunch	30-minute walk outdoors (light pace)
<input type="checkbox"/> Afternoon	Water: 1-2 more glasses
<input type="checkbox"/> Afternoon	STRENGTH TRAINING (full-body session, 30-45 min)
<input type="checkbox"/> Post-workout	Creatine 5g in shake or water
<input type="checkbox"/> Post-workout	Protein shake (e.g. whey isolate, ~30g)
<input type="checkbox"/> Evening	DINNER: protein first, then vegetables, then carbs
<input type="checkbox"/> 19:00	Ginger tea (helps with potential nausea)
<input type="checkbox"/> 20:00	INJECTION (rotate site: thigh / abdomen / upper arm)
<input type="checkbox"/> 20:00	Log: date, time, site, current weight, mood/energy
<input type="checkbox"/> Before bed	Protein shake (casein-rich or whey) — supports overnight recovery
<input type="checkbox"/> Before bed	Magnesium bisglycinate (300-400mg) for sleep + recovery
<input type="checkbox"/> 22:30	Bedtime — aim for 7-9 hours sleep

NOTES / HOW YOU FEEL

Saturday — Week 1 — Day 1 post-injection

Watch for possible nausea today. Take it easy, sip ginger tea if needed. Stay well-hydrated.

TIME	ACTIVITY
<input type="checkbox"/> Morning	Water: 1 large glass on waking
<input type="checkbox"/> Morning	Blood pressure check (seated + standing if relevant)
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<input type="checkbox"/> Afternoon	Water: 1-2 more glasses
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NOTES / HOW YOU FEEL

Sunday — Week 1 — Weigh-in day

Weigh-in: same day each week, after toilet, before breakfast. Record weight in tracking log.

TIME	ACTIVITY
<input type="checkbox"/> Morning	Water: 1 large glass on waking
<input type="checkbox"/> Morning	WEIGH-IN (same day weekly, after toilet, before breakfast)
<input type="checkbox"/> Morning	Blood pressure check (seated + standing if relevant)
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NOTES / HOW YOU FEEL

Monday — Week 1

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<input type="checkbox"/> Lunch	30-minute walk outdoors (light pace)
<input type="checkbox"/> Afternoon	Water: 1-2 more glasses
<input type="checkbox"/> Afternoon	STRENGTH TRAINING (full-body session, 30-45 min)
<input type="checkbox"/> Post-workout	Creatine 5g in shake or water
<input type="checkbox"/> Post-workout	Protein shake (e.g. whey isolate, ~30g)
<input type="checkbox"/> Evening	DINNER: protein first, then vegetables, then carbs
<input type="checkbox"/> Evening	Ginger tea
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NOTES / HOW YOU FEEL

Tuesday — Week 1

TIME	ACTIVITY
<input type="checkbox"/> Morning	Water: 1 large glass on waking
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<input type="checkbox"/> Morning	BREAKFAST: high-protein (e.g. Greek yogurt or quark, berries, banana)
<input type="checkbox"/> Mid-morning	Water with electrolytes (1 teaspoon mix)
<input type="checkbox"/> Mid-morning	Water: 1-2 more glasses
<input type="checkbox"/> Lunch	LUNCH: protein source (e.g. eggs, chicken, fish) + vegetables
<input type="checkbox"/> Lunch	Omega-3 (1 capsule)
<input type="checkbox"/> Lunch	Water: 1 large glass
<input type="checkbox"/> Lunch	30-minute walk outdoors (light pace)
<input type="checkbox"/> Afternoon	Water: 1-2 more glasses
<input type="checkbox"/> Afternoon	Creatine 5g (anytime, daily)
<input type="checkbox"/> Afternoon	Optional: extra protein drink if appetite low
<input type="checkbox"/> Evening	DINNER: protein first, then vegetables, then carbs
<input type="checkbox"/> Evening	Ginger tea
<input type="checkbox"/> Before bed	Protein shake (casein-rich or whey) — supports overnight recovery
<input type="checkbox"/> Before bed	Magnesium bisglycinate (300-400mg) for sleep + recovery
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NOTES / HOW YOU FEEL

Wednesday — Week 1

TIME	ACTIVITY
<input type="checkbox"/> Morning	Water: 1 large glass on waking
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<input type="checkbox"/> 22:30	Bedtime — aim for 7-9 hours sleep

NOTES / HOW YOU FEEL

Thursday — Week 1

Tomorrow is injection day. Prep injection pen and sharps container tonight.

TIME	ACTIVITY
<input type="checkbox"/> Morning	Water: 1 large glass on waking
<input type="checkbox"/> Morning	Blood pressure check (seated + standing if relevant)
<input type="checkbox"/> Morning	Any prescribed daily medication
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<input type="checkbox"/> Evening	DINNER: protein first, then vegetables, then carbs
<input type="checkbox"/> Evening	Prep: confirm injection pen + sharps container ready
<input type="checkbox"/> Evening	Ginger tea
<input type="checkbox"/> Before bed	Protein shake (casein-rich or whey) — supports overnight recovery
<input type="checkbox"/> Before bed	Magnesium bisglycinate (300-400mg) for sleep + recovery
<input type="checkbox"/> 22:30	Bedtime — aim for 7-9 hours sleep

NOTES / HOW YOU FEEL

Friday — Week 2 — Injection #2

Injection day. Take dose at 20:00. Rotate site from last week. Eat a protein-rich dinner first.

TIME	ACTIVITY
<input type="checkbox"/> Morning	Water: 1 large glass on waking
<input type="checkbox"/> Morning	Blood pressure check (seated + standing if relevant)
<input type="checkbox"/> Morning	Any prescribed daily medication
<input type="checkbox"/> Morning	Vitamin D3 (2,000-5,000 IU) with breakfast
<input type="checkbox"/> Morning	BREAKFAST: high-protein (e.g. Greek yogurt or quark, berries, banana)
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<input type="checkbox"/> Lunch	Water: 1 large glass
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<input type="checkbox"/> Afternoon	Water: 1-2 more glasses
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<input type="checkbox"/> 19:00	Ginger tea (helps with potential nausea)
<input type="checkbox"/> 20:00	INJECTION (rotate site: thigh / abdomen / upper arm)
<input type="checkbox"/> 20:00	Log: date, time, site, current weight, mood/energy
<input type="checkbox"/> Before bed	Protein shake (casein-rich or whey) — supports overnight recovery
<input type="checkbox"/> Before bed	Magnesium bisglycinate (300-400mg) for sleep + recovery
<input type="checkbox"/> 22:30	Bedtime — aim for 7-9 hours sleep

NOTES / HOW YOU FEEL

Saturday — Week 2 — Day 1 post-injection

Watch for possible nausea today. Take it easy, sip ginger tea if needed. Stay well-hydrated.

TIME	ACTIVITY
<input type="checkbox"/> Morning	Water: 1 large glass on waking
<input type="checkbox"/> Morning	Blood pressure check (seated + standing if relevant)
<input type="checkbox"/> Morning	Any prescribed daily medication
<input type="checkbox"/> Morning	Vitamin D3 (2,000-5,000 IU) with breakfast
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<input type="checkbox"/> Afternoon	Water: 1-2 more glasses
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<input type="checkbox"/> Afternoon	Optional: extra protein drink if appetite low
<input type="checkbox"/> Evening	DINNER: protein first, then vegetables, then carbs
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<input type="checkbox"/> Before bed	Protein shake (casein-rich or whey) — supports overnight recovery
<input type="checkbox"/> Before bed	Magnesium bisglycinate (300-400mg) for sleep + recovery
<input type="checkbox"/> 22:30	Bedtime — aim for 7-9 hours sleep

NOTES / HOW YOU FEEL

Sunday — Week 2 — Weigh-in day

Weigh-in: same day each week, after toilet, before breakfast. Record weight in tracking log.

TIME	ACTIVITY
<input type="checkbox"/> Morning	Water: 1 large glass on waking
<input type="checkbox"/> Morning	WEIGH-IN (same day weekly, after toilet, before breakfast)
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NOTES / HOW YOU FEEL

Monday — Week 2

TIME	ACTIVITY
<input type="checkbox"/> Morning	Water: 1 large glass on waking
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<input type="checkbox"/> Evening	DINNER: protein first, then vegetables, then carbs
<input type="checkbox"/> Evening	Ginger tea
<input type="checkbox"/> Before bed	Protein shake (casein-rich or whey) — supports overnight recovery
<input type="checkbox"/> Before bed	Magnesium bisglycinate (300-400mg) for sleep + recovery
<input type="checkbox"/> 22:30	Bedtime — aim for 7-9 hours sleep

NOTES / HOW YOU FEEL

Tuesday — Week 2

TIME	ACTIVITY
<input type="checkbox"/> Morning	Water: 1 large glass on waking
<input type="checkbox"/> Morning	Blood pressure check (seated + standing if relevant)
<input type="checkbox"/> Morning	Any prescribed daily medication
<input type="checkbox"/> Morning	Vitamin D3 (2,000-5,000 IU) with breakfast
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<input type="checkbox"/> 22:30	Bedtime — aim for 7-9 hours sleep

NOTES / HOW YOU FEEL

Wednesday — Week 2

TIME	ACTIVITY
<input type="checkbox"/> Morning	Water: 1 large glass on waking
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<input type="checkbox"/> Morning	Any prescribed daily medication
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<input type="checkbox"/> Before bed	Magnesium bisglycinate (300-400mg) for sleep + recovery
<input type="checkbox"/> 22:30	Bedtime — aim for 7-9 hours sleep

NOTES / HOW YOU FEEL

Thursday — Week 2

Tomorrow is injection day. Prep injection pen and sharps container tonight.

TIME	ACTIVITY
<input type="checkbox"/> Morning	Water: 1 large glass on waking
<input type="checkbox"/> Morning	Blood pressure check (seated + standing if relevant)
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<input type="checkbox"/> Before bed	Protein shake (casein-rich or whey) — supports overnight recovery
<input type="checkbox"/> Before bed	Magnesium bisglycinate (300-400mg) for sleep + recovery
<input type="checkbox"/> 22:30	Bedtime — aim for 7-9 hours sleep

NOTES / HOW YOU FEEL

Friday — Week 3 — Injection #3

Injection day. Take dose at 20:00. Rotate site from last week. Eat a protein-rich dinner first.

TIME	ACTIVITY
<input type="checkbox"/> Morning	Water: 1 large glass on waking
<input type="checkbox"/> Morning	Blood pressure check (seated + standing if relevant)
<input type="checkbox"/> Morning	Any prescribed daily medication
<input type="checkbox"/> Morning	Vitamin D3 (2,000-5,000 IU) with breakfast
<input type="checkbox"/> Morning	BREAKFAST: high-protein (e.g. Greek yogurt or quark, berries, banana)
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<input type="checkbox"/> Evening	DINNER: protein first, then vegetables, then carbs
<input type="checkbox"/> 19:00	Ginger tea (helps with potential nausea)
<input type="checkbox"/> 20:00	INJECTION (rotate site: thigh / abdomen / upper arm)
<input type="checkbox"/> 20:00	Log: date, time, site, current weight, mood/energy
<input type="checkbox"/> Before bed	Protein shake (casein-rich or whey) — supports overnight recovery
<input type="checkbox"/> Before bed	Magnesium bisglycinate (300-400mg) for sleep + recovery
<input type="checkbox"/> 22:30	Bedtime — aim for 7-9 hours sleep

NOTES / HOW YOU FEEL

Saturday — Week 3 — Day 1 post-injection

Watch for possible nausea today. Take it easy, sip ginger tea if needed. Stay well-hydrated.

TIME	ACTIVITY
<input type="checkbox"/> Morning	Water: 1 large glass on waking
<input type="checkbox"/> Morning	Blood pressure check (seated + standing if relevant)
<input type="checkbox"/> Morning	Any prescribed daily medication
<input type="checkbox"/> Morning	Vitamin D3 (2,000-5,000 IU) with breakfast
<input type="checkbox"/> Morning	BREAKFAST: high-protein (e.g. Greek yogurt or quark, berries, banana)
<input type="checkbox"/> Mid-morning	Water with electrolytes (1 teaspoon mix)
<input type="checkbox"/> Mid-morning	Water: 1-2 more glasses
<input type="checkbox"/> Lunch	LUNCH: protein source (e.g. eggs, chicken, fish) + vegetables
<input type="checkbox"/> Lunch	Omega-3 (1 capsule)
<input type="checkbox"/> Lunch	Water: 1 large glass
<input type="checkbox"/> Lunch	30-minute walk outdoors (light pace)
<input type="checkbox"/> Afternoon	Water: 1-2 more glasses
<input type="checkbox"/> Afternoon	Creatine 5g (anytime, daily)
<input type="checkbox"/> Afternoon	Optional: extra protein drink if appetite low
<input type="checkbox"/> Evening	DINNER: protein first, then vegetables, then carbs
<input type="checkbox"/> Evening	Ginger tea
<input type="checkbox"/> Before bed	Protein shake (casein-rich or whey) — supports overnight recovery
<input type="checkbox"/> Before bed	Magnesium bisglycinate (300-400mg) for sleep + recovery
<input type="checkbox"/> 22:30	Bedtime — aim for 7-9 hours sleep

NOTES / HOW YOU FEEL

Sunday — Week 3 — Weigh-in day

Weigh-in: same day each week, after toilet, before breakfast. Record weight in tracking log.

TIME	ACTIVITY
<input type="checkbox"/> Morning	Water: 1 large glass on waking
<input type="checkbox"/> Morning	WEIGH-IN (same day weekly, after toilet, before breakfast)
<input type="checkbox"/> Morning	Blood pressure check (seated + standing if relevant)
<input type="checkbox"/> Morning	Any prescribed daily medication
<input type="checkbox"/> Morning	Vitamin D3 (2,000-5,000 IU) with breakfast
<input type="checkbox"/> Morning	BREAKFAST: high-protein (e.g. Greek yogurt or quark, berries, banana)
<input type="checkbox"/> Mid-morning	Water with electrolytes (1 teaspoon mix)
<input type="checkbox"/> Mid-morning	Water: 1-2 more glasses
<input type="checkbox"/> Lunch	LUNCH: protein source (e.g. eggs, chicken, fish) + vegetables
<input type="checkbox"/> Lunch	Omega-3 (1 capsule)
<input type="checkbox"/> Lunch	Water: 1 large glass
<input type="checkbox"/> Lunch	30-minute walk outdoors (light pace)
<input type="checkbox"/> Afternoon	Water: 1-2 more glasses
<input type="checkbox"/> Afternoon	Creatine 5g (anytime, daily)
<input type="checkbox"/> Afternoon	Optional: extra protein drink if appetite low
<input type="checkbox"/> Evening	DINNER: protein first, then vegetables, then carbs
<input type="checkbox"/> Evening	Ginger tea
<input type="checkbox"/> Before bed	Protein shake (casein-rich or whey) — supports overnight recovery
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<input type="checkbox"/> 22:30	Bedtime — aim for 7-9 hours sleep

NOTES / HOW YOU FEEL

Monday — Week 3

TIME	ACTIVITY
<input type="checkbox"/> Morning	Water: 1 large glass on waking
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<input type="checkbox"/> Morning	Vitamin D3 (2,000-5,000 IU) with breakfast
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<input type="checkbox"/> Mid-morning	Water with electrolytes (1 teaspoon mix)
<input type="checkbox"/> Mid-morning	Water: 1-2 more glasses
<input type="checkbox"/> Lunch	LUNCH: protein source (e.g. eggs, chicken, fish) + vegetables
<input type="checkbox"/> Lunch	Omega-3 (1 capsule)
<input type="checkbox"/> Lunch	Water: 1 large glass
<input type="checkbox"/> Lunch	30-minute walk outdoors (light pace)
<input type="checkbox"/> Afternoon	Water: 1-2 more glasses
<input type="checkbox"/> Afternoon	STRENGTH TRAINING (full-body session, 30-45 min)
<input type="checkbox"/> Post-workout	Creatine 5g in shake or water
<input type="checkbox"/> Post-workout	Protein shake (e.g. whey isolate, ~30g)
<input type="checkbox"/> Evening	DINNER: protein first, then vegetables, then carbs
<input type="checkbox"/> Evening	Ginger tea
<input type="checkbox"/> Before bed	Protein shake (casein-rich or whey) — supports overnight recovery
<input type="checkbox"/> Before bed	Magnesium bisglycinate (300-400mg) for sleep + recovery
<input type="checkbox"/> 22:30	Bedtime — aim for 7-9 hours sleep

NOTES / HOW YOU FEEL

Tuesday — Week 3

TIME	ACTIVITY
<input type="checkbox"/> Morning	Water: 1 large glass on waking
<input type="checkbox"/> Morning	Blood pressure check (seated + standing if relevant)
<input type="checkbox"/> Morning	Any prescribed daily medication
<input type="checkbox"/> Morning	Vitamin D3 (2,000-5,000 IU) with breakfast
<input type="checkbox"/> Morning	BREAKFAST: high-protein (e.g. Greek yogurt or quark, berries, banana)
<input type="checkbox"/> Mid-morning	Water with electrolytes (1 teaspoon mix)
<input type="checkbox"/> Mid-morning	Water: 1-2 more glasses
<input type="checkbox"/> Lunch	LUNCH: protein source (e.g. eggs, chicken, fish) + vegetables
<input type="checkbox"/> Lunch	Omega-3 (1 capsule)
<input type="checkbox"/> Lunch	Water: 1 large glass
<input type="checkbox"/> Lunch	30-minute walk outdoors (light pace)
<input type="checkbox"/> Afternoon	Water: 1-2 more glasses
<input type="checkbox"/> Afternoon	Creatine 5g (anytime, daily)
<input type="checkbox"/> Afternoon	Optional: extra protein drink if appetite low
<input type="checkbox"/> Evening	DINNER: protein first, then vegetables, then carbs
<input type="checkbox"/> Evening	Ginger tea
<input type="checkbox"/> Before bed	Protein shake (casein-rich or whey) — supports overnight recovery
<input type="checkbox"/> Before bed	Magnesium bisglycinate (300-400mg) for sleep + recovery
<input type="checkbox"/> 22:30	Bedtime — aim for 7-9 hours sleep

NOTES / HOW YOU FEEL

Wednesday — Week 3

TIME	ACTIVITY
<input type="checkbox"/> Morning	Water: 1 large glass on waking
<input type="checkbox"/> Morning	Blood pressure check (seated + standing if relevant)
<input type="checkbox"/> Morning	Any prescribed daily medication
<input type="checkbox"/> Morning	Vitamin D3 (2,000-5,000 IU) with breakfast
<input type="checkbox"/> Morning	BREAKFAST: high-protein (e.g. Greek yogurt or quark, berries, banana)
<input type="checkbox"/> Mid-morning	Water with electrolytes (1 teaspoon mix)
<input type="checkbox"/> Mid-morning	Water: 1-2 more glasses
<input type="checkbox"/> Lunch	LUNCH: protein source (e.g. eggs, chicken, fish) + vegetables
<input type="checkbox"/> Lunch	Omega-3 (1 capsule)
<input type="checkbox"/> Lunch	Water: 1 large glass
<input type="checkbox"/> Lunch	30-minute walk outdoors (light pace)
<input type="checkbox"/> Afternoon	Water: 1-2 more glasses
<input type="checkbox"/> Afternoon	STRENGTH TRAINING (full-body session, 30-45 min)
<input type="checkbox"/> Post-workout	Creatine 5g in shake or water
<input type="checkbox"/> Post-workout	Protein shake (e.g. whey isolate, ~30g)
<input type="checkbox"/> Evening	DINNER: protein first, then vegetables, then carbs
<input type="checkbox"/> Evening	Ginger tea
<input type="checkbox"/> Before bed	Protein shake (casein-rich or whey) — supports overnight recovery
<input type="checkbox"/> Before bed	Magnesium bisglycinate (300-400mg) for sleep + recovery
<input type="checkbox"/> 22:30	Bedtime — aim for 7-9 hours sleep

NOTES / HOW YOU FEEL

Thursday — Week 3

Tomorrow is injection day. Prep injection pen and sharps container tonight.

TIME	ACTIVITY
<input type="checkbox"/> Morning	Water: 1 large glass on waking
<input type="checkbox"/> Morning	Blood pressure check (seated + standing if relevant)
<input type="checkbox"/> Morning	Any prescribed daily medication
<input type="checkbox"/> Morning	Vitamin D3 (2,000-5,000 IU) with breakfast
<input type="checkbox"/> Morning	BREAKFAST: high-protein (e.g. Greek yogurt or quark, berries, banana)
<input type="checkbox"/> Mid-morning	Water with electrolytes (1 teaspoon mix)
<input type="checkbox"/> Mid-morning	Water: 1-2 more glasses
<input type="checkbox"/> Lunch	LUNCH: protein source (e.g. eggs, chicken, fish) + vegetables
<input type="checkbox"/> Lunch	Omega-3 (1 capsule)
<input type="checkbox"/> Lunch	Water: 1 large glass
<input type="checkbox"/> Lunch	30-minute walk outdoors (light pace)
<input type="checkbox"/> Afternoon	Water: 1-2 more glasses
<input type="checkbox"/> Afternoon	STRENGTH TRAINING (full-body session, 30-45 min)
<input type="checkbox"/> Post-workout	Creatine 5g in shake or water
<input type="checkbox"/> Post-workout	Protein shake (e.g. whey isolate, ~30g)
<input type="checkbox"/> Evening	DINNER: protein first, then vegetables, then carbs
<input type="checkbox"/> Evening	Prep: confirm injection pen + sharps container ready
<input type="checkbox"/> Evening	Ginger tea
<input type="checkbox"/> Before bed	Protein shake (casein-rich or whey) — supports overnight recovery
<input type="checkbox"/> Before bed	Magnesium bisglycinate (300-400mg) for sleep + recovery
<input type="checkbox"/> 22:30	Bedtime — aim for 7-9 hours sleep

NOTES / HOW YOU FEEL

Friday — Week 4 — Injection #4

Injection day. Take dose at 20:00. Rotate site from last week. Eat a protein-rich dinner first.

TIME	ACTIVITY
<input type="checkbox"/> Morning	Water: 1 large glass on waking
<input type="checkbox"/> Morning	Blood pressure check (seated + standing if relevant)
<input type="checkbox"/> Morning	Any prescribed daily medication
<input type="checkbox"/> Morning	Vitamin D3 (2,000-5,000 IU) with breakfast
<input type="checkbox"/> Morning	BREAKFAST: high-protein (e.g. Greek yogurt or quark, berries, banana)
<input type="checkbox"/> Mid-morning	Water with electrolytes (1 teaspoon mix)
<input type="checkbox"/> Mid-morning	Water: 1-2 more glasses
<input type="checkbox"/> Lunch	LUNCH: protein source (e.g. eggs, chicken, fish) + vegetables
<input type="checkbox"/> Lunch	Omega-3 (1 capsule)
<input type="checkbox"/> Lunch	Water: 1 large glass
<input type="checkbox"/> Lunch	30-minute walk outdoors (light pace)
<input type="checkbox"/> Afternoon	Water: 1-2 more glasses
<input type="checkbox"/> Afternoon	STRENGTH TRAINING (full-body session, 30-45 min)
<input type="checkbox"/> Post-workout	Creatine 5g in shake or water
<input type="checkbox"/> Post-workout	Protein shake (e.g. whey isolate, ~30g)
<input type="checkbox"/> Evening	DINNER: protein first, then vegetables, then carbs
<input type="checkbox"/> 19:00	Ginger tea (helps with potential nausea)
<input type="checkbox"/> 20:00	INJECTION (rotate site: thigh / abdomen / upper arm)
<input type="checkbox"/> 20:00	Log: date, time, site, current weight, mood/energy
<input type="checkbox"/> Before bed	Protein shake (casein-rich or whey) — supports overnight recovery
<input type="checkbox"/> Before bed	Magnesium bisglycinate (300-400mg) for sleep + recovery
<input type="checkbox"/> 22:30	Bedtime — aim for 7-9 hours sleep

NOTES / HOW YOU FEEL

Saturday — Week 4 — Day 1 post-injection

Watch for possible nausea today. Take it easy, sip ginger tea if needed. Stay well-hydrated.

TIME	ACTIVITY
<input type="checkbox"/> Morning	Water: 1 large glass on waking
<input type="checkbox"/> Morning	Blood pressure check (seated + standing if relevant)
<input type="checkbox"/> Morning	Any prescribed daily medication
<input type="checkbox"/> Morning	Vitamin D3 (2,000-5,000 IU) with breakfast
<input type="checkbox"/> Morning	BREAKFAST: high-protein (e.g. Greek yogurt or quark, berries, banana)
<input type="checkbox"/> Mid-morning	Water with electrolytes (1 teaspoon mix)
<input type="checkbox"/> Mid-morning	Water: 1-2 more glasses
<input type="checkbox"/> Lunch	LUNCH: protein source (e.g. eggs, chicken, fish) + vegetables
<input type="checkbox"/> Lunch	Omega-3 (1 capsule)
<input type="checkbox"/> Lunch	Water: 1 large glass
<input type="checkbox"/> Lunch	30-minute walk outdoors (light pace)
<input type="checkbox"/> Afternoon	Water: 1-2 more glasses
<input type="checkbox"/> Afternoon	Creatine 5g (anytime, daily)
<input type="checkbox"/> Afternoon	Optional: extra protein drink if appetite low
<input type="checkbox"/> Evening	DINNER: protein first, then vegetables, then carbs
<input type="checkbox"/> Evening	Ginger tea
<input type="checkbox"/> Before bed	Protein shake (casein-rich or whey) — supports overnight recovery
<input type="checkbox"/> Before bed	Magnesium bisglycinate (300-400mg) for sleep + recovery
<input type="checkbox"/> 22:30	Bedtime — aim for 7-9 hours sleep

NOTES / HOW YOU FEEL

Sunday — Week 4 — Weigh-in day

Weigh-in: same day each week, after toilet, before breakfast. Record weight in tracking log.

TIME	ACTIVITY
<input type="checkbox"/> Morning	Water: 1 large glass on waking
<input type="checkbox"/> Morning	WEIGH-IN (same day weekly, after toilet, before breakfast)
<input type="checkbox"/> Morning	Blood pressure check (seated + standing if relevant)
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<input type="checkbox"/> Lunch	LUNCH: protein source (e.g. eggs, chicken, fish) + vegetables
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NOTES / HOW YOU FEEL

Monday — Week 4

TIME	ACTIVITY
<input type="checkbox"/> Morning	Water: 1 large glass on waking
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<input type="checkbox"/> Afternoon	Water: 1-2 more glasses
<input type="checkbox"/> Afternoon	STRENGTH TRAINING (full-body session, 30-45 min)
<input type="checkbox"/> Post-workout	Creatine 5g in shake or water
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NOTES / HOW YOU FEEL

Tuesday — Week 4

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<input type="checkbox"/> Morning	Water: 1 large glass on waking
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NOTES / HOW YOU FEEL

Wednesday — Week 4

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NOTES / HOW YOU FEEL

Thursday — Week 4

Tomorrow is injection day. Prep injection pen and sharps container tonight.

TIME	ACTIVITY
<input type="checkbox"/> Morning	Water: 1 large glass on waking
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<input type="checkbox"/> Morning	Vitamin D3 (2,000-5,000 IU) with breakfast
<input type="checkbox"/> Morning	BREAKFAST: high-protein (e.g. Greek yogurt or quark, berries, banana)
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<input type="checkbox"/> Post-workout	Protein shake (e.g. whey isolate, ~30g)
<input type="checkbox"/> Evening	DINNER: protein first, then vegetables, then carbs
<input type="checkbox"/> Evening	Prep: confirm injection pen + sharps container ready
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<input type="checkbox"/> Before bed	Magnesium bisglycinate (300-400mg) for sleep + recovery
<input type="checkbox"/> 22:30	Bedtime — aim for 7-9 hours sleep

NOTES / HOW YOU FEEL

Blood Pressure Log

Measure each morning. Report to your doctor if sustained below 100/60 or with significant orthostatic drop.

Day	Date	Seated	Standing	Pulse	Symptoms (dizziness, fatigue)
W1					
Fri (inj)					
Sat					
Sun (weigh)					
Mon					
Tue					
Wed					
Thu					
W2					
Fri (inj)					
Sat					
Sun (weigh)					
Mon					
Tue					
Wed					
Thu					
W3					
Fri (inj)					
Sat					
Sun (weigh)					
Mon					
Tue					
Wed					
Thu					
W4					
Fri (inj)					
Sat					
Sun (weigh)					
Mon					
Tue					
Wed					
Thu					

Weekly Weigh-in Log

Same day each week, after toilet, before breakfast

Week	Date	Weight (kg)	Weight (lbs)	Energy 1-10	Side effects / Notes
W1 Sun					
W2 Sun					
W3 Sun					
W4 Sun					

4-Week Review

After your final injection of the cycle, review honestly

Question	Your answer
Total weight loss (kg / lbs)	
Average blood pressure: start → end	
Any orthostatic hypotension? (yes/no)	
Most common side effect	
Is the dose working for you?	
Should the dose be increased? Talk to doctor.	
Strength in the gym: better / same / worse	
Sleep quality: better / same / worse	
One habit I'll keep beyond this 4-week cycle	
One thing I'd do differently next 4 weeks	

If you are not willing to change your lifestyle, the medication will not save you.

The injections are not what get you out of bed early for a walk.

They do not choose the protein-rich meal.

They do not change your relationship with food.

They do not build the discipline you'll need when the prescription runs out.

That part has to come from you.

YOU'VE GOT THIS

Print this guide. Use it daily. Tick the boxes.

Discipline today is freedom tomorrow.

For weekly journey updates, the full protocol and the protein calculator:

leanonglp1.com

Found this useful? The whole site stays free —

buymeacoffee.com/leanonglp1