

GLP-1 Support Checklist

By Softcore Detachment

If you're on a GLP-1 medication (like Ozempic, Wegovy, or Mounjaro) or tapering off, this checklist will help you protect your muscle, metabolism, and mindset while building the habits that actually keep your results long term.

Nutrition

- ☐ Hit your daily protein goal: 0.7–1.0 g per lb of body weight (or 25–35 g per meal).
- ☐ Prioritize high-quality protein sources: eggs, Greek yogurt, lean meats, tofu, tempeh, protein shakes.
- ☐ Don't skip meals — fuel your muscle even if appetite is low.
- ☐ Stay hydrated: 80–100 oz water per day helps reduce fatigue and cravings.
- ☐ Add electrolytes or bone broth if nausea or low appetite hit.

Strength Training

- ☐ Lift 3–4 days per week (full body or upper/lower split).
- ☐ Focus on compound lifts: squats, presses, rows, deadlifts, hip thrusts.
- ☐ Use progressive overload — increase weight or reps weekly.
- ☐ Add daily movement: walks, stretching, mobility work.
- ☐ Creatine monohydrate 3–5 g/day supports muscle and recovery.

Mindset & Behavior

- ☐ Track your wins — strength, energy, consistency — not just scale changes.
- ☐ Journal when emotions hit instead of restricting or numbing out.
- ☐ Remember: your medication changes hunger, not habits.
- ☐ Practice self-talk rooted in progress and patience.
- ☐ Plan for transition: add 100–200 calories weekly when tapering off, keep lifting & tracking protein.

Remember: GLP-1s are tools — not magic. You are the method. Stay strong, stay fed, and keep building the habits that hold even when the prescription ends.