the *first* 90 days on your GLP-1



begin here

day 1

STARTING YOUR JOURNEY

Welcome to the start of your new journey. Today, and the days leading up to it, have probably been and filled with anticipation and with a side of anxiousness. Just remember that everyone starts at Day 1.

- [ ] review medicine directions including treatment amount and storage info
- [ ] ensure you have all tools ready to go before treatment
- [ ] watch the OrderlyMeds injection video
- [ ] join online and social GLP-1 specific support groups

week 1

OBSERVING YOUR BODY AND MIND

You've completed your first treatment (congratulations!) and now have a week to ask yourself "is everything I'm feeling normal?" While your doctor is the best one to answer this question, some common things can happen after the first dose.

- [ ] begin to track your daily intake including: water, protein, calories
- [ ] take before pictures and measurements to track progress
- [ ] pay attention to side effects and talk to your HCP about how you're feeling
- [ ] start slow with exercise: consider a walking routine

month 1

WHAT'S NEXT?

At one month, you're probably starting to grow more confident in your treatment. You may be seeing your weight start to drop (if not, don't worry!), and wondering if it's time to dose up.

- [ ] check in for your next dose 2 weeks in advance
- [ ] update your measurements
- [ ] begin to create a solid day-to-day routine for eating and exercise

month 2

STAY STEADY

With the nerves of the first month complete, you can expect a mindset shift from external help (medicine) to internal wellness.

- [ ] discuss with your doctor if moving up in dose is right for you
- [ ] understand what supplements and vitamins may help you

month 3

CELEBRATE YOUR MILESTONE

By the end of month 3 you are probably not only feeling results but seeing them. Around this month, your weight loss may begin to slow down just a bit (and that's ok!). As the saying goes, this is a marathon, not a sprint. Congratulations!

- [ ] make a plan for the next 90 days, setting milestones and checkpoints for yourself
- [ ] take pictures to check your visual progress
- [ ] consider incorporating strength training into your fitness routine