

# GLP-1 Wellness Starter Checklist

*Your first 30 days on GLP-1 therapy, simplified. Use this checklist to build habits that maximize results and minimize side effects.*

## Week 1: Set Yourself Up for Success

- Fill your prescription and read the injection guide
- Buy a digital food scale and meal-prep containers
- Stock your kitchen using the Rejuviya Grocery Guide
- Set a recurring phone reminder for your weekly injection day
- Weigh yourself and take front/side photos (same time, same clothes)
- Download a habit tracker or mark this checklist

## Week 2: Dial In Nutrition

- Aim for protein at every meal (target: 25–35g)
- Eat slowly and stop at the first sign of fullness
- Drink at least 64 oz of water daily
- Limit alcohol (it worsens nausea and stalls progress)
- Prep 3–4 meals in advance so you always have a healthy option

## Week 3: Add Movement

- Schedule 3 walks of 20–30 minutes this week
- Complete 2 home strength sessions (see Exercise Plan)
- Take the stairs instead of the elevator when possible
- Stretch for 10 minutes before bed 3 nights this week
- Track your daily step count and aim for 7,000+

## Week 4: Optimize & Assess

- Weigh yourself and compare to Week 1 (expect 2–6 lbs)
- Review your energy, sleep quality, and appetite patterns
- Schedule your follow-up visit with your Rejuviya clinician
- Plan your next grocery shop and refresh meal prep
- Celebrate your progress — consistency beats perfection

## Daily Habits to Maintain

- Protein at every meal
- 7+ hours of sleep
- 64+ oz water
- 20+ minutes of movement
- 5+ servings of vegetables
- Limit ultra-processed foods

*This checklist was prepared by the Rejuviya Clinical Team for educational purposes. It does not replace personalized medical advice from your prescribing clinician.*