

# Your First 90 Days on GLP-1

What to expect, what to do, and what to ignore.

## Weeks 1–4: The Adjustment Phase

The first month is about your body adapting to the medication. Side effects are at their peak, and weight loss may feel slower than expected. This is normal.

- Nausea is most common in weeks 1–4 and typically improves significantly after dose stabilization
- Eat small, frequent meals — your stomach empties more slowly on GLP-1s
- Prioritize protein at every meal, even if you can only eat a little
- Stay hydrated — reduced appetite often means reduced fluid intake
- Track weight weekly, not daily — daily fluctuations will drive you crazy

Questions for your clinician: "What side effects should prompt me to call before my next appointment?" and "When will you consider increasing my dose?"

## Weeks 5–8: The Momentum Phase

Appetite suppression becomes more consistent. Weight loss typically accelerates. This is when muscle loss risk is highest if habits aren't in place.

- Start or intensify resistance training — even 2x/week bodyweight exercises make a difference
- Aim for 0.7–1g protein per pound of body weight daily
- Consider a protein supplement to close the gap on low-appetite days
- Notice if any foods trigger nausea and avoid them temporarily
- Start tracking measurements (waist, hips) not just weight

If you're losing more than 2 lbs/week consistently, discuss with your prescriber — faster loss correlates with more muscle loss.

## Weeks 9–12: The Integration Phase

By week 12, most people have found their groove. Side effects have eased. The focus shifts from managing the medication to building lasting habits.

- Establish a consistent meal timing routine — your appetite signals are more predictable now
- Get bloodwork if you haven't — check ferritin, vitamin D, B12, zinc
- Review your protein tracking — are you consistently hitting your target?
- Begin thinking about maintenance: what habits do you want to keep after the weight loss phase?
- If hair shedding started around week 8–12, know it's likely telogen effluvium — typically temporary

## The Most Common Mistakes (And How to Avoid Them)

- Undereating protein: Suppressed appetite makes this easy to do accidentally. Track it.
- Skipping resistance training: Cardio feels easier, but strength training is what preserves muscle.

- Expecting linear progress: Weight loss on GLP-1s often comes in waves. Plateaus are normal.
- Overspending on clothes too early: Buy transitional basics, not a full wardrobe, at each size.
- Ignoring electrolytes: Rapid weight loss depletes sodium, potassium, and magnesium.



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