

# YOUR GLP-1 WEIGHT LOSS PLANNER



NEWEST BEGINNINGS  
**NB<sup>Rx</sup>**

# WHAT'S NEXT?

**" Success is more than luck, it's about planning towards achieving it."**



# Injection Day

Date:

Week:

## Side Effects


## Bad Habits to Cut

--

## Good Habits to Keep

--

## Things to mention to Dr

--

Starting Weight

Current Weight

Loss/Gain this week

--	--	--

## Days I felt it Worked

M / T / W / Tt / F / S / S

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Dose

Injection Location

Abdomen

Right thigh

Left thigh

Right Arm

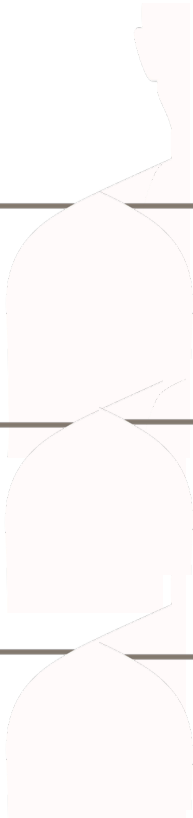
Left Arm






# My Starting Measurements

Date:



Arms

Chest

Waist

Hip

Thigh

Calf

Weight



# MY STARTING MEASUREMENTS

Date:



BEFORE PHOTO

Chest:	
Waist:	
Hip:	
Thigh:	
Cal	
Weight:	

NOTES

A large, empty rectangular box with a thin black border, intended for taking notes.

# Why I Want To Lose Weight

## TOP 5 REASONS I WANT TO LOSE WEIGHT

1

2

3

4

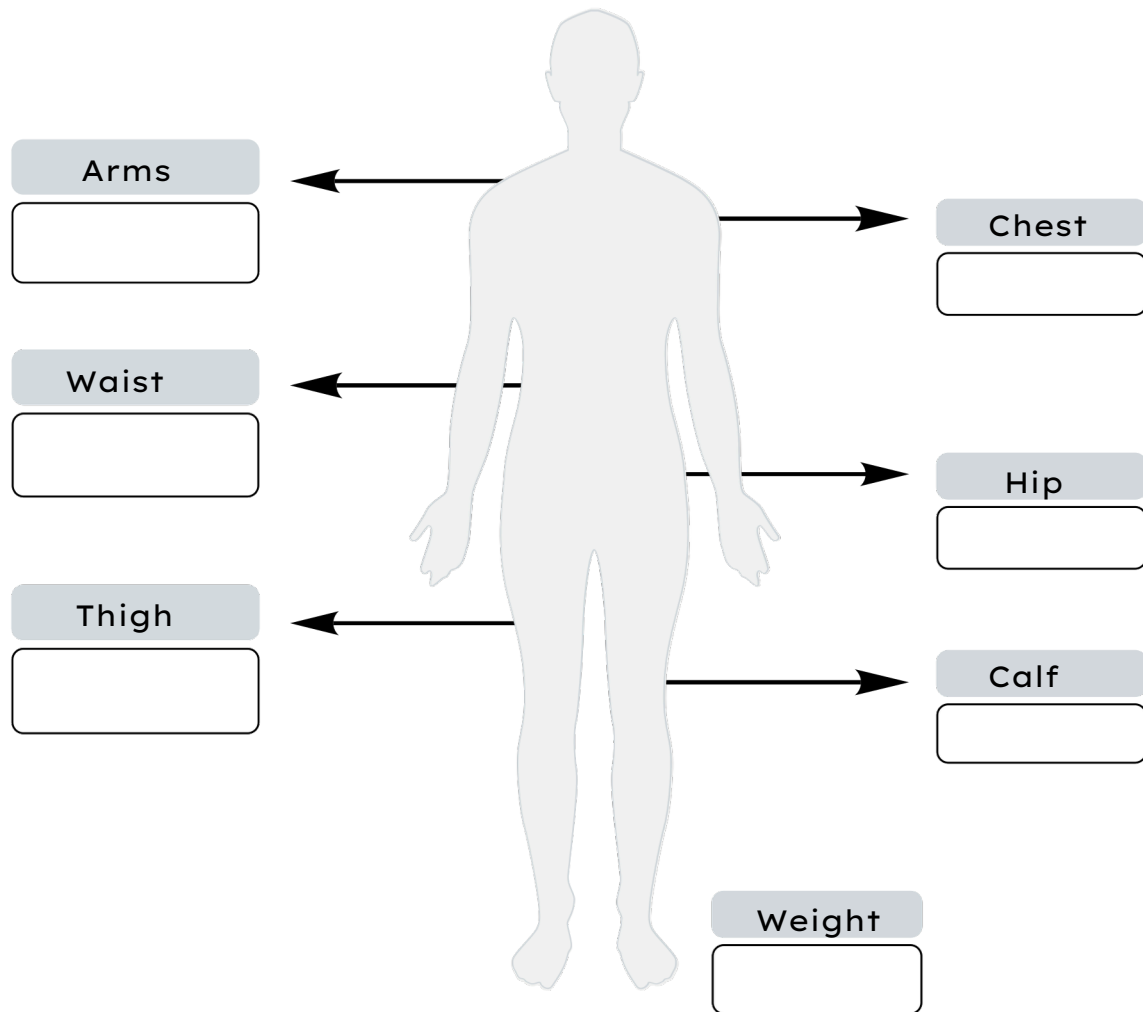
5

## MY EXPECTATIONS

## MY STRATEGY



# Body Measurements



	MEASUREMENT 1	MEASUREMENT 2	MEASUREMENT 3
DATE			
ARMS			
CHEST			
WAIST			
HIP			
THIGH			
CALF			
WEIGHT			

# Measurements Tracker

STARTING DATE:

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
DATE					
ARMS					
WAIST					
HIP					
THIGH					
CALF					
TOTAL					
WEIGHT					
	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10
DATE					
ARMS					
WAIST					
HIP					
THIGH					
CALF					
TOTAL					
WEIGHT					

# Measurements Tracker

STARTING DATE:

	WEEK 11	WEEK 12	WEEK 13	WEEK 14	WEEK 15
DATE					
ARMS					
WAIST					
HIP					
THIGH					
CALF					
TOTAL					
WEIGHT					
	WEEK 16	WEEK 17	WEEK 18	WEEK 19	WEEK 20
DATE					
ARMS					
WAIST					
HIP					
THIGH					
CALF					
TOTAL					
WEIGHT					

# Measurements Tracker

STARTING DATE:

	WEEK 21	WEEK 22	WEEK 23	WEEK 24	WEEK 25
DATE					
ARMS					
WAIST					
HIP					
THIGH					
CALF					
TOTAL					
WEIGHT					

	WEEK 26	WEEK 27	WEEK 28	WEEK 29	WEEK 30
DATE					
ARMS					
WAIST					
HIP					
THIGH					
CALF					
TOTAL					
WEIGHT					

# Measurements Tracker

STARTING DATE:

	WEEK 31	WEEK 32	WEEK 33	WEEK 34	WEEK 35
DATE					
ARMS					
WAIST					
HIP					
THIGH					
CALF					
TOTAL					
WEIGHT					

	WEEK 36	WEEK 37	WEEK 38	WEEK 39	WEEK 40
DATE					
ARMS					
WAIST					
HIP					
THIGH					
CALF					
TOTAL					
WEIGHT					

# Measurements Tracker

STARTING DATE:

	WEEK 41	WEEK 42	WEEK 43	WEEK 44	WEEK 45
DATE					
ARMS					
WAIST					
HIP					
THIGH					
CALF					
TOTAL					
WEIGHT					

	WEEK 46	WEEK 47	WEEK 48	WEEK 49	WEEK 50
DATE					
ARMS					
WAIST					
HIP					
THIGH					
CALF					
TOTAL					
WEIGHT					







# Weekly Fitness

## WORKOUT PLAN

MON	
TUE	
WED	
THU	
FRI	
SAT	
SUN	

## WEEK OF

### TOP GOALS


### TO DO LIST


### NOTE

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# Monthly Fitness

Month OF: \_\_\_\_\_

Mon	Tue	wed	Thu	Fri	Sun	Sat
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Habit Tracker

To Do List	
01	
02	
03	
04	

Notes:

# Weekly Fitness Plan

WEEK OF: \_\_\_\_\_








## NUTRITION GOALS

FAT:

CALS:

CARBS:

PROT:

MON		HYDRATION  SLEEP:	WORKOUT  CALORIES BURNED:
TUE		HYDRATION  SLEEP:	WORKOUT  CALORIES BURNED:
WED		HYDRATION  SLEEP:	WORKOUT  CALORIES BURNED:
THU		HYDRATION  SLEEP:	WORKOUT  CALORIES BURNED:
FRI		HYDRATION  SLEEP:	WORKOUT  CALORIES BURNED:
SAT		HYDRATION  SLEEP:	WORKOUT  CALORIES BURNED:
SUN		HYDRATION  SLEEP:	WORKOUT  CALORIES BURNED:

# Daily Fitness

<b>DATE :</b>	<b>TOTALS</b>
<b>TODAY'S FOCUS :</b>	<b>CALORIES :</b>
<b>WATER :</b>	<b>PROTEIN :</b>
<b>STEPS :</b>	<b>FAT :</b>
	<b>CARBS :</b>

<b>MOTIVATION</b>	<b>IMPORTANT</b>	<b>TOMORROW</b>

<b>DAILY WORKOUT</b>	<b>TASKS</b>

<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	<b>SNACK</b>

<b>NOTES</b>

# Medical Appointment Log

<b>DATE :</b>	<b>MEDICATION</b>
<b>TODAY'S FOCUS :</b>	<b>MEDICATION:</b>
<b>DOCTOR:</b>	<b>DOSAGE:</b>
<b>STEPS :</b>	<b>SIDE EFFECTS:</b>

<b>REASON FOR VISIT</b>

<b>IMPORTANT THINGS DISCUSSED</b>	<b>TASKS TO DO</b>

<b>FEELINGS</b>

# Daily Plan

Date:

6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	
7:00	

Remember

Priorities
✦
✦
✦

Notes



# Fitness Reflection

**MY PROGRESS RATING**



ACHIEVEMENTS

CHALLENGES

ACHIEVEMENTS

HOW DO YOU FEEL NOW?

WEAKNESS

WHAT WENT WELL ?	WHAT DID NOT WENT WELL?

HOW TO IMPROVE ?	GOALS IN PROGRESS

# Weekly Reflection

WEEK:

MY PROGRESS RATING



DIET ACHIEVEMENTS


DIET CHALLENGES


FITNESS ACHIEVEMENTS


FITNESS CHALLENGES


DID I REACH MY WEIGHT GOAL THIS WEEK? THOUGHTS?


WHAT WENT WELL ?

WHAT DID NOT WENT WELL?


HOW TO IMPROVE NEXT WEEK ?

GOALS IN PROGRESS


# Goal Progress Tracker

GOAL:	
START DATE:	DEADLINE:
PROGRESS TRACKER	10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

GOAL:	
START DATE:	DEADLINE:
PROGRESS TRACKER	10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

GOAL:	
START DATE:	DEADLINE:
PROGRESS TRACKER	10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

GOAL:	
START DATE:	DEADLINE:
PROGRESS TRACKER	10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

GOAL:	
START DATE:	DEADLINE:
PROGRESS TRACKER	10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

# Motivation & Inspiration for Next Week

## TOP 3 REASONS I PROUD OF MYSELF THIS WEEK

1

2

3

## MY EXPECTATIONS FOR NEXT WEEK

## MY STRATEGY FOR NEXT WEEK

# My Journal

<b>WEEK 1</b>	<b>WEEK 2</b>	<b>WEEK 3</b>
<b>WEIGHT:</b>	<b>WEIGHT:</b>	<b>WEIGHT:</b>

<b>WEEK 4</b>	<b>WEEK 5</b>	<b>WEEK 6</b>
<b>WEIGHT:</b>	<b>WEIGHT:</b>	<b>WEIGHT:</b>

<b>WEEK 7</b>	<b>WEEK 8</b>	<b>WEEK 9</b>
<b>WEIGHT:</b>	<b>WEIGHT:</b>	<b>WEIGHT:</b>

# My Journal

<b>WEEK 10</b>	<b>WEEK 11</b>	<b>WEEK 12</b>
<b>WEIGHT:</b>	<b>WEIGHT:</b>	<b>WEIGHT:</b>

<b>WEEK 13</b>	<b>WEEK 14</b>	<b>WEEK 15</b>
<b>WEIGHT:</b>	<b>WEIGHT:</b>	<b>WEIGHT:</b>

<b>WEEK 16</b>	<b>WEEK 17</b>	<b>WEEK 18</b>
<b>WEIGHT:</b>	<b>WEIGHT:</b>	<b>WEIGHT:</b>

# My Journal

<b>WEEK 19</b>	<b>WEEK 20</b>	<b>WEEK 21</b>
<b>WEIGHT:</b>	<b>WEIGHT:</b>	<b>WEIGHT:</b>

<b>WEEK 22</b>	<b>WEEK 23</b>	<b>WEEK 24</b>
<b>WEIGHT:</b>	<b>WEIGHT:</b>	<b>WEIGHT:</b>

<b>WEEK 25</b>	<b>WEEK 26</b>	<b>WEEK 27</b>
<b>WEIGHT:</b>	<b>WEIGHT:</b>	<b>WEIGHT:</b>

# My Journal

<b>WEEK 28</b>	<b>WEEK 29</b>	<b>WEEK 30</b>
<b>WEIGHT:</b>	<b>WEIGHT:</b>	<b>WEIGHT:</b>

<b>WEEK 31</b>	<b>WEEK 32</b>	<b>WEEK 33</b>
<b>WEIGHT:</b>	<b>WEIGHT:</b>	<b>WEIGHT:</b>

<b>WEEK 34</b>	<b>WEEK 35</b>	<b>WEEK 36</b>
<b>WEIGHT:</b>	<b>WEIGHT:</b>	<b>WEIGHT:</b>

# My Journal

<b>WEEK 37</b>	<b>WEEK 38</b>	<b>WEEK 39</b>
<b>WEIGHT:</b>	<b>WEIGHT:</b>	<b>WEIGHT:</b>

<b>WEEK 40</b>	<b>WEEK 41</b>	<b>WEEK 42</b>
<b>WEIGHT:</b>	<b>WEIGHT:</b>	<b>WEIGHT:</b>

<b>WEEK 43</b>	<b>WEEK 44</b>	<b>WEEK 45</b>
<b>WEIGHT:</b>	<b>WEIGHT:</b>	<b>WEIGHT:</b>

# My Journal

<b>WEEK 46</b>	<b>WEEK 47</b>	<b>WEEK 48</b>
<b>WEIGHT:</b>	<b>WEIGHT:</b>	<b>WEIGHT:</b>

<b>WEEK 49</b>	<b>WEEK 50</b>	<b>WEEK 51</b>
<b>WEIGHT:</b>	<b>WEIGHT:</b>	<b>WEIGHT</b>

:

	<b>END OF YEAR REFLECTION:</b>
<b>WEEK 52</b>	
<b>WEIGHT:</b>	

# Transformation

<b>STARTING WEIGHT:</b>	<b>CURRENT WEIGHT:</b>
<b>BEFORE PICTURE</b>	<b>AFTER PICTURE</b>

<b>NECK</b>	<b>NECK</b>
<b>CHEST</b>	<b>CHEST</b>
<b>BICEPS</b>	<b>BICEPS</b>
<b>WAIST</b>	<b>WAIST</b>
<b>HIP</b>	<b>HIP</b>
<b>ABS</b>	<b>ABS</b>
<b>THIGHS</b>	<b>THIGHS</b>
<b>CALF</b>	<b>CALF</b>

<b>NOTES</b>

# Daily Diet Plan

DATE:

## BREAKFAST

	CALS	FAT
	PROT	CARB

## LUNCH

	CALS	FAT
	PROT	CARB

## DINNER

	CALS	FAT
	PROT	CARB

## SNACKS

	CALS	FAT
	PROT	CARB

## WORKOUT

--

## NUTRITION GOALS


## HOW I'M FEELING TODAY:


## SLEEP

--

## MOOD



## WATER



## MEDICATION LOG

Shot Day:

Dose:

Notes:

# Weekly Meal Planner

WEEK

MONTH

	BREAKFAST	SNACK	LUNCH	DINNER
SUN				
MON				
TUE				
WED				
THU				
FRI				
SAT				

# Macro Tracker

SUNDAY		
	GOAL	ACTUAL
CALORIES		
PROTEIN		
PROTEIN		
FATS		
SUGAR		
TUESDAY		

TUESDAY		
	GOAL	ACTUAL
CALORIES		
PROTEIN		
PROTEIN		
FATS		
SUGAR		
TUESDAY		

THURSDAY		
	GOAL	ACTUAL
CALORIES		
PROTEIN		
PROTEIN		
FATS		
SUGAR		
TUESDAY		

SUNDAY		
	GOAL	ACTUAL
CALORIES		
PROTEIN		
PROTEIN		
FATS		
SUGAR		
TUESDAY		

MONDAY		
	GOAL	ACTUAL
CALORIES		
PROTEIN		
PROTEIN		
FATS		
SUGAR		
TUESDAY		

WEDNESDAY		
	GOAL	ACTUAL
CALORIES		
PROTEIN		
PROTEIN		
FATS		
SUGAR		
TUESDAY		

FRIDAY		
	GOAL	ACTUAL
CALORIES		
PROTEIN		
PROTEIN		
FATS		
SUGAR		
TUESDAY		

NOTES









# 52 Week Challenge

**START DATE:**

**GOAL WEIGHT:**

**WEIGHT LOSS/GAIN :**

--

**START DATE:**

**END DATE:**

**GOAL WEIGHT:**

**END WEIGHT:**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>

<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>

<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>

<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>

<b>29</b>	<b>30</b>	<b>31</b>	<b>32</b>	<b>33</b>	<b>34</b>	<b>35</b>

<b>36</b>	<b>37</b>	<b>38</b>	<b>39</b>	<b>40</b>	<b>41</b>	<b>42</b>

<b>43</b>	<b>44</b>	<b>45</b>	<b>46</b>	<b>47</b>	<b>48</b>	<b>49</b>

<b>50</b>	<b>51</b>	<b>52</b>

**YOU DID IT**



# Fitness Progress

\_\_\_/\_\_\_/\_\_\_

\_\_\_/\_\_\_/\_\_\_

✦ Body Parts	Before	After

**NO  
PAIN,  
NO  
GAIN.**

Workout Motivation

**Notes**

# Food Tracker

✦ Date	Breakfast	Lunch	Dinner	Snack
SUN				
MON				
TUE				
WED				
THU				
FRI				
SAT				

**Notes**

**Target Weight**

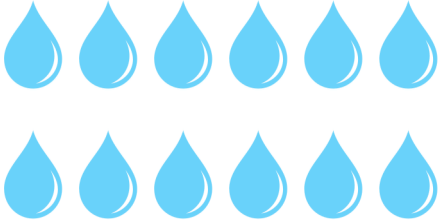
# My diet journey

Starting Date:

Ending Date:

List of Motivations:


Breakfast	Lunch	Dinner

Snack	Supplements	Water Intake
		

Diet Progress

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# My fitness goals

Starting Date:

Ending Date:

## My Top Fitness Goals


## Bad Habits to Cut

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## Good Habits to Keep

--

## Motivation:

--

Start

Goal

Chest

Arm

Waist

Hips

BMI

Weight

Body Fat

Muscle

Start	Goal	
		Chest
		Arm
		Waist
		Hips
		BMI
		Weight
		Body Fat
		Muscle

# Fitness Challenge

Month:

Week of:

	Exercise/Workout	Sets & Reps
<b>S</b>		
<b>M</b>		
<b>T</b>		
<b>W</b>		
<b>T</b>		
<b>F</b>		
<b>S</b>		

Notes

# Calories Tracker

Month:

Week of:

	Breakfast	Lunch	Dinner	Snack
Sun				
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				

# Fitness Result

Starting Date:

Ending Date:

## Reminders

Before	
Chest	
Waist	
Hips	
Arm	
Thighs	
Weight	
BMI	
Body Fat	
Muscle	

After	
Chest	
Waist	
Hips	
Arm	
Thighs	
Weight	
BMI	
Body Fat	
Muscle	

## Notes

# 30 Days Challenge

MONTH OF:

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

# Habit Tracker

TARGET	YEAR															
JANUARY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
FEBRUARY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	23	24	25	26	27	28	29		
MARCH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
APRIL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
MAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
JUNE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
JULY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
AUGUST	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
SEPTEMBER	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
OCTOBER	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
NOVEMBER	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
DESEMBER	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

# My Fitness Goals

DATE : \_\_\_\_\_

## MY OVERALL GOAL IS


## THE ESTIMATED TIME IT'S GOING TO TAKE


## MY SMALLER GOALS TO REACH MY OVERALL GOAL


## I AM DOING THIS BECAUSE


## PEOPLE WHO ARE GOING TO HOLD ME ACCOUNTABLE


## THE MOST CHALLENGING PART ABOUT THIS JOURNEY WILL BE


## HOW I PLAN TO OVERCOME THESE CHALLENGES


## A LETTER TO MY SELF WHEN I FEEL WEAK








# Before & After

**Date:**

--	--

**BEFORE PHOTO**

**AFTER PHOTO**

**Chest:**

**Chest:**

**Waist:**

**Waist:**

**Hip:**

**Hip:**

**Thigh:**

**Thigh:**

**Calf:**

**Calf:**

**Weight:**

**Weight:**

# 5 DAYS WORKOUT PLANNER



MONDAY :	THURSDAY :

TUESDAY:	FRIDAY :

WEDNESDAY :	NOTE :

# Personal Workout Tracker

	<b>ACTIVITY</b>	<b>TIME</b>	<b>REPS</b>
<b>DAY 1</b>			
<b>DAY 2</b>			
<b>DAY 3</b>			
<b>DAY 4</b>			
<b>DAY 5</b>			

# Fitness workout Planner

Day	Activity	Goals
M		✦
T		✦
W		✦
T		✦
F		✦
S		✦
S		✦

# Workout Planner

<b>DAY</b>	<b>EXERCISE</b>	<b>GOAL</b>
<b>Monday</b>		
<b>Tuesday</b>		
<b>Wednesday</b>		
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>		
<b>Sunday</b>		

# Workout routine

MONDAY	TUESDAY

WEDNESDAY	THURSDAY

FRIDAY	SATURDAY

SUNDAY

# Exercise Planner

MONDAY	TUESDAY
WEDNESDAY	THURSDAY
FRIDAY	SATURDAY

SUNDAY











**MINDSET**  
**IS**  
**EVERYTHING**

YOU CAN  
DO IT!

small step  
everyday

**IT**  
*always*  
**SEEMS** —  
**IMPOSSIBLE**  
*until IT'S*  
**DONE!**

PROGRESS  
- NOT -  
Perfection

EVERY  
journey  
NEEDS A  
first  
STEP

I CAN  
- and -  
I WILL

The  
*Future* depends  
on what you  
*Do Today*

YOU'VE  
TOTALLY GOT  
THIS!

BELIEVE IN  
YOURSELF

Keep  
going

BE  
Proud  
of who  
YOU  
are

*:'you are':*  
**NOT ALONE**  
*• in this •*

**FOCUS**  
**on the good**

YOU  
HAVE  
WHAT  
IT TAKES

just  
try