



1

PATIENT SUCCESS GUIDE

Your Complete Guide to
GLP-1 Success and
Long-Term Results

VOLUME 1



903-708-2533 (Call or Text) • clinic@mpweightloss.com



MP Weight Loss Clinic - Semaglutide/Tirzepatide

2

Being overweight increases the risk of diabetes, arthritis, high blood pressure, heart disease, infertility, pregnancy complications, and more. We offer prescription options for weight loss while encouraging exercise and a healthier diet.

- Under the skin injection given at home **once weekly** by the patient (abdomen preferred)
- Creates a feeling of fullness (decreased appetite)
- Offers slow, sustained weight loss
- Can use long term for weight loss & prevention of weight regain
- **Motivated patients can lose up to 20% of their body weight with Semaglutide & up to 30% with Tirzepatide**
- Can cause nausea and constipation
- **Don't use these medications if you have a history of pancreatitis or some thyroid cancers. If you have diabetes requiring insulin, check with your PCP.**
- **Delivered** to your home by a compounding pharmacy based in Texas.
- Follow-up visits: \$75 per visit every 6 weeks. Maintenance visits: \$75 per visit every 12 weeks.

AXTELL - Semaglutide 2.5 mg/mL Glycine 10 mg/ml Cyanocobalamin (B12) 0.5 mg/mL				
Dose/mg	Units	Qty/mL/vial	Cost	# of injections
0.25	10	0.5 mL	\$60.00	5
0.625	25	2 mL	\$105.00	8
1	40	3 mL	\$130.00	7
1.5	60	4 mL	\$155.00	6
2	80	5 mL	\$200.00	6
2.5	100	8 mL	\$275.00	8
3.6	50	4 mL	\$350.00	8
5.0	70	4 mL	\$350.00	5
7.2	100	4 mL	\$350.00	4*

Direct Axtell Rite-Value Pharmacy phone number: 903-564-6156 | lifefile@arvpharmacy.com

AXTELL - Tirzepatide 30 mg/10 mg/mL Glycine 10 mg/ml Cyanocobalamin (B12) 0.5 mg/mL				
Dose/mg	Units	Qty/mL/vial	Cost	# of injections
2.5	8	0.5 mL	\$115.00	6
4.2	14	1 mL	\$200.00	7
6	20	1.5 mL	\$300.00	7
7.5	25	2.0 mL	\$330.00	8
10	33	2.0 mL	\$330.00	6
12.5	42	3.0 mL	\$400.00	7
15	50	3.0 mL	\$400.00	6

Office consult fees: \$200 Established GYN patients w/ Dr. Moore · \$225 New patients · \$75 follow up visit

903-708-2533 (Call or Text) • clinic@mpweightloss.com

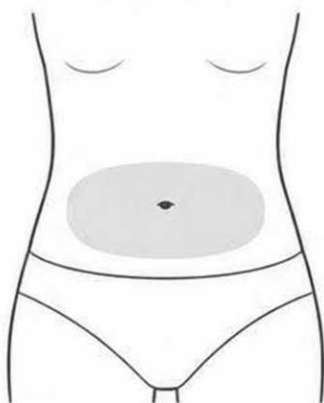
GLP-1 Injection Guide

Simple steps for safe and confident injections



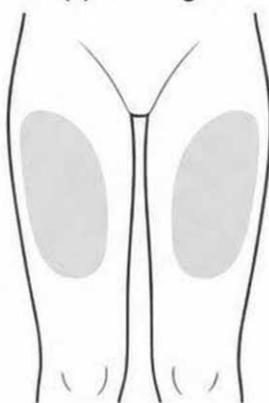
1 Recommended Injection Sites

Abdomen



At least 2 inches
away from the navel.

Upper Thighs



Use the outer or
front area of the thigh.



3 Helpful Tips



Rotate injection sites.



Use a clean syringe each time.



Store the vial in the refrigerator.



Follow your prescribed dose.



2 How to Inject

1



Wipe the vial and
injection site with
an alcohol swab.

2



Draw up the desired
dose in the syringe and
push the plunger to
remove any air.

3



Pinch skin at the
injection site and
insert the syringe
needle into the skin.

4



Dispose of the needle
in a sharps container
and place the vial in
the refrigerator.



4 Bring to Follow-Up

Medication _____

Dose / Units _____

Questions _____

YOUR FIRST 90 DAYS

What to Expect on Your GLP-1 Journey

Everyone responds a little differently,
but this timeline shows what most
patients experience.

1-2

WEEKS 1-2

Adjust & Adapt

Your body adjusts to
medication and new habits.

3-4

WEEKS 3-4

Find Your Rhythm

Appetite decreases and
energy improves.

2

MONTH 2

Momentum Builds

Steady weight loss and
better habits.

3

MONTH 3

Real Results

Noticeable changes in body
composition and confidence.

WHEN TO CALL THE CLINIC

- Severe nausea/vomiting
- Severe abdominal pain
- Dehydration
- No bowel movement in > 5 days
- Signs of an allergic reaction



903-708-2533 (Call or Text)



clinic@mpweightloss.com

Your GLP-1 Success Guide

A simple roadmap for your first weeks on treatment

1



Weeks 1–2 | Adjust

Your body is adapting.
Focus on consistency.

2



Weeks 3–4 | Build Habits

Build simple habits that
support your goals.

3



Weeks 5–6 | Build Momentum

Stay the course and
celebrate progress.



What to Expect

- Appetite reduction may happen quickly or gradually.
- Smaller meals often feel better than large meals.
- Protein, hydration, and consistency matter more than perfection.
- Weight can fluctuate from week to week.



Your Daily Targets



Protein Goal _____ (g)



Water Goal _____ (oz)



Fiber Goal _____ (g)



Movement Goal _____ (min)



Sleep Goal _____ (hours)



Quick Success Checklist

- ☐ Eat protein first
- ☐ Avoid drinking calories
- ☐ Keep meals simple
- ☐ Track symptoms
- ☐ Bring questions to follow-up



Call Us If...

- + Persistent vomiting
- + Inability to keep fluids down
- + Severe abdominal pain
- + Concerns about side effects



Questions for My Next Visit

THE SCIENCE OF HUNGER

GLP-1 medications help control hunger by working with your body's natural hormones.



GHRELIN

The hunger hormone. GLP-1 helps reduce hunger levels.



LEPTIN

The fullness hormone. GLP-1 improves leptin sensitivity.



INSULIN

Helps regulate blood sugar and fat storage. GLP-1 improves insulin response.



GLP-1

Slows digestion, reduces appetite, and increases feelings of fullness.



PYY

Released after eating. GLP-1 increases PYY to help you feel satisfied longer.

BOTTOM LINE: These hormones work together to help you eat less, feel full, and lose fat.



903-708-2533 (Call or Text)

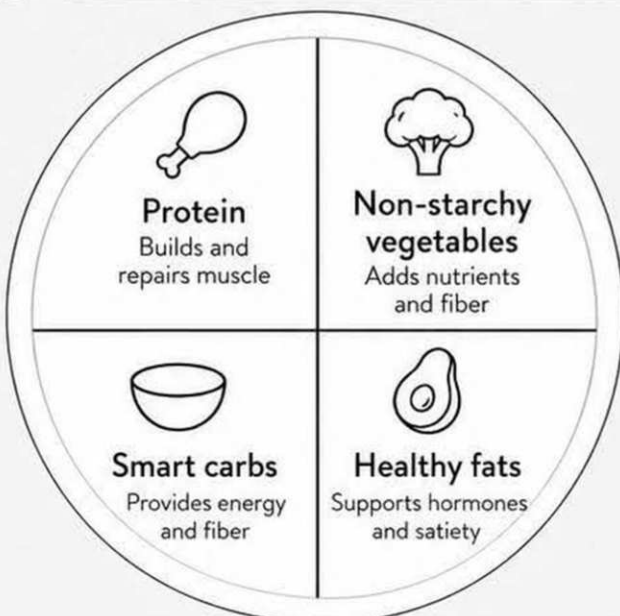


clinic@mpweightloss.com

GLP-1 Nutrition Cheat Sheet

Food choices that support treatment and help you feel your best

1 Build Your Plate



2 High-Protein Ideas

- Greek yogurt
- Eggs
- Cottage cheese
- Chicken
- Turkey
- Tuna
- Protein shakes
- String cheese

3 Easy Meal Ideas

- Scrambled eggs with fruit
- Greek yogurt with berries
- Grilled chicken and vegetables
- Turkey roll-ups with a side salad

4 Foods That May Worsen Symptoms

- Fried foods
- Greasy foods
- Very sugary foods
- Large meals
- Carbonated drinks if they worsen bloating

5 Keep on Hand

- ☐ Protein shake
- ☐ Water bottle
- ☐ Yogurt
- ☐ Fruit
- ☐ Lean protein
- ☐ Fiber-rich snack



6 Helpful Tip

When appetite is low, focus on protein and fluids first.

PROTEIN GUIDE

8

Aim for 80-100 grams of protein daily.
Protein protects muscle, keeps you full, and supports fat loss.

PROTEIN QUICK REFERENCE



Chicken Breast
(3 oz)
30g



Ground Beef 93%
(4 oz)
26g



Salmon
(4 oz)
25g



Shrimp
(4 oz)
24g



Greek Yogurt
(1 cup)
18g



Cottage Cheese
(1 cup)
24g



Eggs
(2 large)
12g



Tuna
(1 can)
22g



Protein Shake
20-30g



Turkey Breast
(4 oz)
24g



Tofu
(1/2 cup)
10g



Black Beans
(1/2 cup)
8g

PROTEIN TIPS

- ✓ Spread protein throughout the day (20-30g per meal).
- ✓ Choose lean protein most of the time.
- ✓ Protein shakes are a convenient option.
- ✓ Prioritize protein even if your appetite is low.

GROCERY STORE GUIDE

9

Build your cart like this 80% of the time.



PRODUCE

Fill half your plate with non-starchy vegetables.
Great choices: leafy greens, broccoli, cauliflower, peppers, zucchini, berries, apples, cucumbers.



PROTEIN

Choose lean, high-quality protein sources.
Great choices: chicken, turkey, lean beef, fish, eggs, Greek yogurt, cottage cheese, tofu.



HEALTHY CARBS

Choose high-fiber, nutrient-dense carbs.
Great choices: berries, oats, quinoa, brown rice, sweet potatoes, beans, lentils.



HEALTHY FATS

Support hormones and help you feel satisfied.
Great choices: avocado, nuts, seeds, olive oil, nut butters, salmon.



SMART SNACKS

Keep protein and fiber on hand.
Great choices: string cheese, beef jerky, protein shakes, protein bars, veggies & hummus.



DRINKS

Focus on hydration and zero-/low-calorie options.
Great choices: water, tea, sparkling water, unsweetened coffee, low-sugar electrolyte drinks.



903-708-2533 (Call or Text)



| clinic@mpweightloss.com

RESTAURANT SURVIVAL GUIDE

10

Smart choices help you stay on track
while still enjoying life.



CHICK-FIL-A

Best: Grilled Chicken Sandwich, 12 ct Nuggets, Side Salad with Light Dressing

Avoid: Waffle Fries, Fried Chicken Sandwich, Milkshakes



CHIPOTLE

Best: Bowl with Chicken, Brown Rice, Black Beans, Fajita Veggies, Lettuce, Salsa, Guacamole

Avoid: Queso, Extra Cheese, Chips



TEXAS ROADHOUSE

Best: Grilled Chicken, Sirloin, Salmon, Baked Potato, Side Salad

Avoid: Warm bread, loaded potato, fried appetizers



OLIVE GARDEN

Best: Herb-Grilled Salmon, Chicken Scampi, Minestrone Soup, Side Salad

Avoid: Breadsticks, Alfredo, Creamy Sauces



MEXICAN FOOD

Best: Grilled Chicken or Steak, Fajitas, Tacos (corn tortillas), Salsa, Guac

Avoid: Chips, Cheese Sauce, Fried items, Large Margaritas



FAST FOOD GENERAL RULE

Best: Grilled over fried + high protein + extra veggies
+ water or diet drink

TIP: Look for grilled, baked, or broiled options. Eat slowly,
stop when satisfied, and enjoy the experience!



903-708-2533 (Call or Text)



clinic@mpweightloss.com

How to Maximize Your Results

Simple daily habits that help GLP-1 treatment work better

★ 1) Your Core Habits

 Protein Aim to include protein at each meal to support fullness and muscle retention.	 Hydration Sip fluids throughout the day and prioritize water.	 Fiber Fiber helps support digestion and regularity.	 Movement Light daily movement supports energy and progress.	 Sleep Sleep helps regulate hunger and recovery.
--	--	--	--	--

🍴 2) Meal Rhythm Tips

- Eat slowly.
- Stop when comfortably full.
- Avoid oversized meals.
- Keep meals simple.
- Do not skip hydration.

✓ 3) Quick Wins Checklist

- ☐ Protein first
- ☐ Water bottle nearby
- ☐ Walk after meals
- ☐ Planned snacks
- ☐ Consistent bedtime

🎯 4) My Goals This Week

-  Protein Goal _____
-  Water Goal _____
-  Movement Goal _____
- ★ One Habit I'm Working On _____

🔔 5) Reminder

*Progress is not
always linear.
Consistency beats
perfection.*

EXERCISE GUIDE

12

Movement helps you lose fat, maintain muscle, and improve how you feel.

START WHERE YOU ARE



WEEKS 1-4 Build the Habit

- Walk 10,000 steps daily
- 2-3 days light strength training
- Focus on consistency



MONTH 2-3 Increase Intensity

- Increase strength training to 3 days per week
- Add 20-30 minutes of cardio
- 3-4 times per week



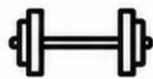
BEYOND 3 MONTHS Level Up

- Strength train 3-4 days per week
- Include cardio & flexibility
- Progressive overload

BEST EXERCISES



Walking



Strength
Training



Resistance
Bands



Cycling



Swimming

TIP: Movement doesn't have to be perfect.
It just has to be consistent.



903-708-2533 (Call or Text)



clinic@mpweightloss.com

BREAKING A WEIGHT LOSS STALL

13

Hitting a plateau is normal.
Here's how to get back on track.

COMMON REASONS



Water Retention

Hormones, sodium, stress, and inflammation can cause temporary weight gain.



Not Enough Protein

Low protein can lead to hunger, muscle loss, and slower metabolism.



Hidden Calories

Drinks, sauces, snacks, and "small bites" add up.



Inconsistent Habits

Skipping meals, late nights, high stress, or irregular exercise.



Constipation & Bloating

Can add several pounds.

STALL-BUSTING CHECKLIST

- ✓ **Increase Water**
60-100 oz daily
- ✓ **Hit Your Protein Goal**
80-100g daily
- ✓ **Track Your Food**
for a few days
- ✓ **Increase Steps**
8,000-10,000 daily
- ✓ **Strength Train**
2-3x per week
- ✓ **Improve Sleep**
7-9 hour nightly
- ✓ **Reduce Sodium & Processed Foods**

Be Patient & Consistent

Small changes. Big results.

WATER WEIGHT VS. FAT GAIN

14

Understand the difference and don't let temporary water weight discourage you.

WATER WEIGHT CAUSES

-  Hormone Changes (Menstrual Cycle)
-  High Sodium Meals
-  Constipation
-  Stress & Lack of Sleep
-  Travel
-  Inflammation
-  Intense Workouts

VS.

FAT GAIN CAUSES

-  Consistently eating too many calories
-  Large portions
-  Excess alcohol
-  Frequent high-calorie snacks & treats
-  Sugary drinks
-  Sedentary lifestyle

WATER WEIGHT

- Comes and goes quickly
- Fluctuates 2-6+ lbs
- Not actual fat

FAT GAIN

- Happens slowly over time
- Doesn't disappear quickly
- Actual stored body fat



903-708-2533 (Call or Text)



clinic@mpweightloss.com



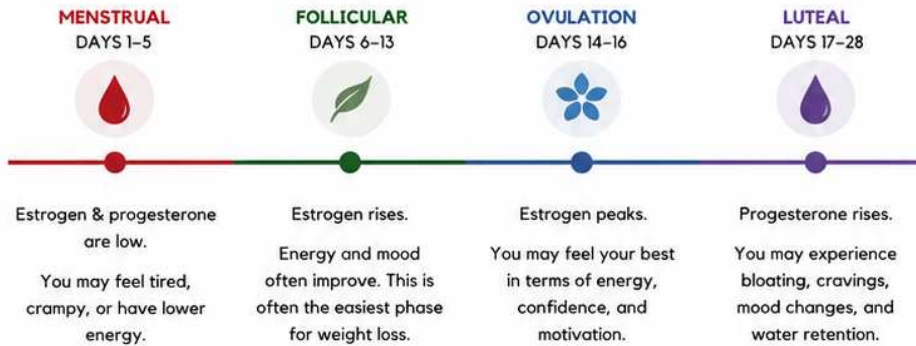
MENSTRUAL CYCLE & GLP-1

Cheat Sheet

Your hormones change throughout your cycle—and that can affect how you feel and what you see on the scale. **Here's what you need to know while taking a GLP-1.**

THE 28-DAY CYCLE: WHAT'S HAPPENING

Hormone levels rise and fall throughout your cycle, which can impact your symptoms, appetite, and the number on the scale.



DON'T PANIC!

It's completely normal for women to see the scale increase by 2-8 pounds during their menstrual cycle due to water retention—even while losing body fat on a GLP-1.

Compare your weight to the same phase of your cycle each month.

Long-term trends tell a much more accurate story than day-to-day fluctuations.

NORMAL WEIGHT FLUCTUATIONS



2-8 LBS of water fluctuation is common during your cycle.

This is water weight—NOT fat.

WATER WEIGHT vs. FAT GAIN



WATER WEIGHT

- Fluctuates 2-8+ lbs
- Happens quickly (1-3 days)
- Caused by hormones, sodium, stress, or inflammation
- Goes away within a few days
- NOT fat

VS.

FAT GAIN

- Requires ~17,500 excess calories to gain 5 lbs of fat
- Happens slowly over time
- Does not change day to day
- Does not disappear quickly
- Actual stored body fat



If your weight goes up several pounds over just a **few days**, it is **almost always water weight**—not fat.

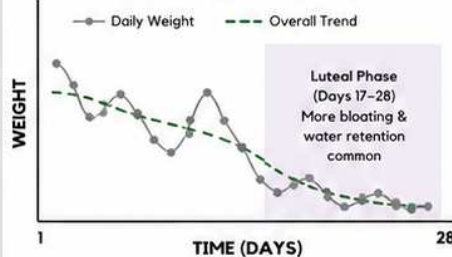
Once your period starts (or shortly after), the extra water weight usually drops off and the scale moves down again.

WHAT YOU CAN DO

- ✓ Stay hydrated – Drink plenty of water.
- ✓ Eat enough protein – Helps reduce cravings and supports muscle.
- ✓ Limit excess sodium – High sodium can increase water retention.
- ✓ Move your body – Walking and light exercise help reduce bloating.
- ✓ Get good sleep – Poor sleep can increase bloating and cravings.
- ✓ Track your cycle – Use an app or calendar to spot patterns.
- ✓ Focus on the trend – Look at your progress over 4-8 weeks, not one day.
- ✓ Keep taking your medication as prescribed unless your provider advises otherwise.

WHAT THE SCALE MAY LOOK LIKE

It's normal to see short-term ups and downs. The important thing is the long-term trend.



Weight may rise 2-8 lbs (or more) before your period. It's usually water—not fat.

WHEN TO CALL THE CLINIC



Contact us if you experience any of the following:

- Heavy bleeding (soaking through a pad or tampon every hour)
- Bleeding lasting more than 7-10 days
- No period for 2-3 months (when not pregnant)
- Severe pelvic pain
- Rapid weight gain that does not improve after your cycle
- Significant swelling in your legs, hands, or face
- Dizziness, shortness of breath, or chest pain
- Positive pregnancy test

GLP-1 medications should not be used during pregnancy. If you become pregnant or are planning to conceive, contact your provider right away.



REMEMBER: Some fluctuation is normal. Trust the process, stay consistent, and be patient with your body!
You are making progress even when the scale doesn't reflect it.



903-708-2533
CALL OR TEXT



clinic@mpweightloss.com

MEDICAL WEIGHT LOSS • HORMONE OPTIMIZATION • PEPTIDE THERAPY

CONSTIPATION GUIDE

16

Constipation is common on GLP-1 medications.
Stay ahead of it.

START WITH THE BASICS



WATER

80-100 oz
daily



FIBER

25-30g
daily



MOVEMENT

Walk daily
10,000+ steps



PROTEIN

80-100g
daily

OVER-THE-COUNTER HELPS



MAGNESIUM

Glycinate or Citrate
200-400mg at night



FIBER SUPPLEMENT

Psyllium husk daily or
1-3 times daily



STOOL SOFTENER

Docusate Sodium
(Colace)



OSMOTIC LAXATIVE

Polyethylene Glycol
(Miralax)

WHEN TO CALL THE CLINIC

- No bowel movement in > 5 days
- Severe abdominal pain or bloating
- Nausea/vomiting
- Blood in stool

TIP: Don't wait until you're uncomfortable. Be proactive!



903-708-2533 (Call or Text)



clinic@mpweightloss.com

Side Effects Survival Guide

Common symptoms and practical ways to manage them

SYMPTOM	WHY IT HAPPENS	WHAT TO DO
 Nausea	The stomach may empty more slowly.	• Eat smaller meals • Avoid greasy foods • Eat slowly • Sip water
 Constipation	Eating less and drinking less may slow digestion.	• Increase fluids • Increase fiber gradually • Stay active
 Reflux or Heartburn	Large meals may sit heavily.	• Eat smaller meals • Avoid lying down after eating • Reduce trigger foods
 Fatigue	You may be eating less than usual.	• Prioritize protein, fluids, and regular meals.
 Early Fullness	GLP-1 medications help you feel full sooner.	• Take smaller portions and stop when comfortably full.



Call the Clinic If...

- + You cannot keep fluids down
- + Vomiting is persistent
- + You have severe abdominal pain
- + Symptoms feel severe or unusual



Helpful Reminders

- Sip fluids throughout the day
- Protein matters
- Avoid oversized meals
- Report concerns at follow-up

Temporary hair shedding can happen during rapid weight loss. The good news? It's usually temporary.

WHY IT HAPPENS

- Rapid weight loss can shock the body
- Lower calorie intake
- Nutrient deficiencies (protein, iron, zinc, biotin)
- High stress or illness

WHAT YOU CAN DO

- ✓ Hit your protein goal (80-100g daily)
- ✓ Stay hydrated
- ✓ Take a high-quality multivitamin
- ✓ Ensure adequate iron, zinc, and biotin
- ✓ Manage stress and get good sleep
- ✓ Be patient – hair usually regrows within 3-6 months

WHEN TO CALL THE CLINIC

If you notice large patches of hair loss, scalp irritation, or hair loss continuing beyond 6 months.



VACATION GUIDE

19

You can enjoy your trip and stay on track.
Plan, prepare, and don't stress.

BEFORE YOU GO

- ✓ Pack smaller snacks & basics
- ✓ Bring your medication & supplies
- ✓ Research healthy options at your destination
- ✓ Plan ahead, but stay flexible

WHILE YOU'RE AWAY

- ✓ Stay hydrated
- ✓ Prioritize protein
- ✓ Walk, explore, and stay active
- ✓ Enjoy treats in moderation
- ✓ Don't aim for perfection—aim for progress

MEDICATION TIPS



Keep medication in
original packaging



Request a travel
letter from the
clinic if flying



903-708-2533 (Call or Text) •



clinic@mpweightloss.com

MEDICATION STORAGE & TRAVEL

STORAGE

- Store vial in the refrigerator (36°F–46°F)
- Do not freeze
- Keep away from direct sunlight
- Check expiration dates
- Keep out of reach of children

TRAVEL TIPS

- Pack in a cooler with ice pack if needed
- Bring medication in original packaging
- Carry-on if you are flying
- Request a travel letter if flying



Check your medication guide for storage and travel instructions.



903-708-2533 (Call or Text)

•



clinic@mpweightloss.com

FREQUENTLY ASKED QUESTIONS



Q: How fast will I lose weight?

A: Most patients lose 1-2+ lbs per week. Results vary.



Q: What if I stop losing weight?

A: Stalls happen. Review your habits, protein, and activity.
Contact us if it continues.



Q: Can I drink alcohol?

A: Yes, in moderation.



Q: Will I have to take this forever?

A: Not necessarily. We will create a long-term plan for you.



Q: What if I miss a dose?

A: Take it as soon as you remember (within 5 days).
If more than 5 days, skip and take your next dose
as scheduled.



903-708-2533 (Call or Text)



clinic@mpweightloss.com

First 30 Days Tracker

A simple daily check-in for your first month on treatment



1. Medication Name _____



2. Dose / Units _____



3. Injection Day _____



4. 30-Injection Check-In

Injection	Water Goal	Protein Goal	Bowel Movement	Weight
				
Injection 1	☐	☐	☐	_____
Injection 2	☐	☐	☐	_____
Injection 3	☐	☐	☐	_____
Injection 4	☐	☐	☐	_____
Injection 5	☐	☐	☐	_____
Injection 6	☐	☐	☐	_____
Injection 7	☐	☐	☐	_____
Injection 8	☐	☐	☐	_____
Injection 9	☐	☐	☐	_____
Injection 10	☐	☐	☐	_____

Injection	Water Goal	Protein Goal	Bowel Movement	Weight
				
Injection 11	☐	☐	☐	_____
Injection 12	☐	☐	☐	_____
Injection 13	☐	☐	☐	_____
Injection 14	☐	☐	☐	_____
Injection 15	☐	☐	☐	_____
Injection 16	☐	☐	☐	_____
Injection 17	☐	☐	☐	_____
Injection 18	☐	☐	☐	_____
Injection 19	☐	☐	☐	_____
Injection 20	☐	☐	☐	_____

Injection	Water Goal	Protein Goal	Bowel Movement	Weight
				
Injection 21	☐	☐	☐	_____
Injection 22	☐	☐	☐	_____
Injection 23	☐	☐	☐	_____
Injection 24	☐	☐	☐	_____
Injection 25	☐	☐	☐	_____
Injection 26	☐	☐	☐	_____
Injection 27	☐	☐	☐	_____
Injection 28	☐	☐	☐	_____
Injection 29	☐	☐	☐	_____
Injection 30	☐	☐	☐	_____



5. What to Watch For _____

- Hydration helps with headaches, constipation, and fatigue.
- Protein matters even when appetite is low.
- Track nausea, reflux, bloating, or constipation.
- Weight may fluctuate from week to week.
- Bring this page to your follow-up visit.



6. Call Us If... _____

- + You cannot keep fluids down
- + Vomiting is persistent
- + You have severe abdominal pain
- + Symptoms feel severe or unusual



7. Weekly Reflection _____

Biggest win this week: _____
Main challenge this week: _____

GOAL WEIGHT WORKSHEET

23

STARTING DATE: _____

STARTING WEIGHT: _____

GOAL WEIGHT: _____

WHY THIS GOAL IS IMPORTANT TO ME:

I WILL ACHIEVE MY GOAL BY:

- Staying consistent with my plan
- Making healthy choices
- Believing in myself
- Asking for help when needed



903-708-2533 (Call or Text)

•



clinic@mpweightloss.com

NON-SCALE VICTORY TRACKER

24

Track the wins that matter most!



More energy



Stronger



Better sleep



Better focus



Clothes fit better



Healthier habits



Improved mood



Lower blood pressure



Less bloating



Improved numbers



More confidence



Feeling happier

My biggest non-scale victory this month:



903-708-2533 (Call or Text)

•



clinic@mpweightloss.com



Weight Loss

MONTHLY HABIT TRACKER

25

Small daily habits lead to big results.

HABIT	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Drink 80–100 oz Water	☐	☐	☐	☐
Hit Protein Goal	☐	☐	☐	☐
Walk 8,000–10,000 Steps	☐	☐	☐	☐
Strength Train	☐	☐	☐	☐
Eat Vegetables	☐	☐	☐	☐
Take Medication	☐	☐	☐	☐
7–9 Hours Sleep	☐	☐	☐	☐

Consistency over perfection.



903-708-2533 (Call or Text)

•



clinic@mpweightloss.com

Follow-Up Success Sheet

Bring this page to your next visit



1. Today's Medication

Medication Name _____

Dose / Units _____

Injection Day _____



2. My Progress

Current Weight _____ (lbs)

Protein Goal _____ (g)

Water Goal _____ (oz)

Energy Level _____ (1-10)

Appetite Changes _____



3. Symptoms I've Noticed

☐ Nausea

☐ Constipation

☐ Reflux

☐ Fatigue

☐ Headache

☐ None



4. Wins This Month



5. Questions or Concerns



6. Plan for Next Visit

Next Goal _____

Next Appointment _____ Date: _____

Notes _____

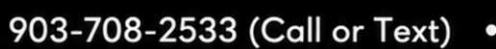


Small consistent habits create lasting results.



Track measurements and notes over time.

You didn't come this far to only come this far.





GLP-1 EXIT STRATEGY

A thoughtful plan for reducing or stopping treatment

28

1 Why an Exit Strategy Matters

- Stopping without a plan can make hunger and old habits return quickly.
- A gradual transition helps protect the progress you have made.
- Your long-term habits matter just as much as the medication.

2 Before You Reduce or Stop

- ☐ Protein goal is consistent most days.
- ☐ Water intake is on track.
- ☐ Meals are regular and balanced.
- ☐ Strength or resistance activity is part of my routine.
- ☐ I have a follow-up visit scheduled.

3 Common Transition Options

1

Lower Maintenance Dose

Some patients may transition to a lower maintenance dose as directed by their provider.

OR

2

Maintenance Plan

Some patients may continue a provider-directed maintenance plan to support long-term weight management.

*Your transition plan should always be determined with your MP Weight Loss provider.
Do not change your dose or injection schedule unless instructed by your provider.*

4 Focus Areas During Transition

- Prioritize protein first at meals.
- Keep hydration consistent.
- Continue fiber and simple meals.
- Track weight weekly.
- Stay active and protect muscle.
- Watch for increased hunger or cravings.

5 Contact the Clinic If...

- Hunger becomes difficult to manage.
- Rapid weight regain begins.
- Side effects change or worsen.
- You are unsure how to taper or maintain.

6 My Exit Plan

My current medication: _____

My current dose: _____

My next follow-up: _____

My main habit goal: _____

Notes: _____

The goal is not just to lose weight - it is to keep the habits that support your health.

GLP-1 Maintenance Plan

How to maintain your results for the long term



1. What Maintenance Means

- Maintenance is about protecting your progress, not chasing perfection.
- Small routine habits help reduce the risk of weight regain.
- Ongoing follow-up keeps your plan realistic and sustainable.

2. Your Maintenance Pillars



Protein

Aim for regular protein intake to support fullness and muscle.



Hydration

Keep fluids consistent throughout the day.



Fiber

Support digestion and help manage hunger.



Movement

Include regular walking and strength work when possible.



Sleep

Sleep supports appetite control and recovery.



3. Monthly Check-In

- ☐ I weighed in this week.
- ☐ I reviewed my eating routine.
- ☐ I stayed active most weeks.
- ☐ I scheduled or kept my follow-up.
- ☐ I noticed early warning signs quickly.



4. Early Warning Signs

- Hunger is increasing significantly.
- Portion sizes are drifting up.
- Snacking is becoming more frequent.
- Weight is trending upward.
- Healthy routines are slipping.



5. My Maintenance Targets

Goal weight range: _____

Protein goal: _____

Water goal: _____

Movement goal: _____

Sleep goal: _____



6. My Action Plan If Weight Starts Climbing

1

Re-focus on protein, water, and simple meals.

2

Increase consistency with movement.

3

Review weekly trends instead of one single day.

4

Contact the clinic for guidance early.



7. Next Follow-Up

Next appointment: _____

Questions for my visit: _____

One habit I will protect: _____



*Long-term success
comes from steady routines,
not all-or-nothing thinking.*