THE DIET REBEL
TRACK. LEARN. SUCCEED.

GLP-1 MEDICATIONS: SUCCESS GUIDE

How to use Ozempic, Wegovy, Zepbound, or Mounjaro to build lasting results — not just temporary weight loss.

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RESOURCES / GLP-1 GUIDE

GLP-1 · SUCCESS GUIDE

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15–20%	26-40%	~2/3
Average weight loss on GLP-1	Of weight lost was lean mass	Of lost weight regained in a year

WHAT GLP-1 MEDICATIONS DO — AND DON'T DO

GLP-1 receptor agonists (Ozempic, Wegovy, Zepbound, Mounjaro) are the most powerful weight loss medications ever developed. They work by suppressing appetite, slowing gastric emptying, and improving insulin sensitivity. But they do not teach your body how to maintain weight loss.

> **The critical gap:** GLP-1 medications suppress appetite. They do not build the skills of tracking, learning from data, or recovering from setbacks. When the medication stops, appetite can return, and biological pressures can make holding a lower weight harder. Without skills, the weight often follows.

THE FOUR SKILLS TO BUILD WHILE ON MEDICATION

SKILL	WHY IT MATTERS ON GLP-1
Track calories	Appetite suppression can mask under-eating; eating too little puts muscle at risk
Hit protein targets	0.7–1g per lb of body weight protects muscle during rapid weight loss
Resistance training	Lean mass was about 40% of weight lost in STEP-1 and 26% in SURMOUNT-1
Learn your patterns	Understand what triggers eating beyond hunger so you're prepared post-medication

THE REBOUND PROBLEM

In the STEP-1 extension, people who stopped semaglutide regained about two-thirds of lost weight within a year.
This is not a willpower failure. It is biology and behavior together.
The medication suppressed appetite; it did not build the habits needed to sustain results.

YOUR GLP-1 SUCCESS CHECKLIST

■	Calculate my TDEE and set a calorie target (not just "eat less")
■	Track daily calories — especially protein
■	Hit 0.7–1g protein per lb of body weight every day
■	Do resistance training 2–3× per week
■	Weigh daily, track weekly average (not single readings)
■	Learn my hunger patterns — what is real hunger vs. habit?
■	Build a maintenance plan before stopping medication
■	Work with a coach to build skills, not just lose weight

READY TO STOP STARTING OVER?

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