



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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— GLP-1 · SUCCESS GUIDE

GLP-1 MEDICATIONS: SUCCESS GUIDE

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15–20%

Average weight loss on GLP-1

~25%

Of weight lost can be fat-free mass

2 in 3

Regain weight after stopping

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; muscle loss accelerates below 1,200 cal
Hit protein targets	0.7–1g per lb of body weight protects muscle during rapid weight loss
Resistance training	Around 25% of weight lost can be fat-free mass, and muscle is only part of it
Learn your patterns	Understand what triggers eating beyond hunger so you're prepared post-medication

THE REBOUND PROBLEM

Clinical data shows that 2 out of 3 people regain most of their weight within 2 years of stopping GLP-1 medication. 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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TRACK. LEARN. SUCCEED.