



GLP-1 TRANSITION CHECKLIST

How to stop GLP-1 medication and keep the results — a step-by-step transition plan.

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GLP-1 TRANSITION CHECKLIST

How to stop GLP-1 medication and keep the results — a step-by-step transition plan.

2 in 3

Regain weight after stopping

30 days

Critical transition window

4 skills

To build before stopping

THE TRANSITION PROBLEM

GLP-1 medications are powerful — but they work by suppressing appetite, not by teaching your body how to maintain weight loss. When the medication stops, appetite returns. Without the skills to manage it, 2 out of 3 people regain most of their weight within 2 years. This checklist is your roadmap for a successful transition.

The Goal: Use the medication window to build the four skills — tracking, protein, resistance training, and pattern awareness — so you can maintain results with or without the drug.

BEFORE YOU STOP MEDICATION

■	Calculate your new TDEE at your current (lower) body weight — your maintenance has changed
■	Set a realistic calorie target: TDEE minus 200–300 calories (smaller deficit than before)
■	Confirm you are hitting 0.7–1g protein per lb of body weight consistently
■	Resistance training 3× per week for at least 8 weeks before stopping
■	Identify your hunger triggers: what drives eating beyond true hunger?
■	Have a tracking app set up and a daily logging habit established
■	Discuss a tapering schedule with your prescribing physician — do not stop abruptly

■	Set a maintenance weight range (± 3 lbs) — not a single number
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FIRST 30 DAYS OFF MEDICATION

■	Expect hunger to return — this is normal, not a failure
■	Track every meal for the first 30 days — no exceptions
■	Weigh daily, track 7-day average — ignore single-day fluctuations
■	If weight rises more than 5 lbs above target, audit calories immediately
■	Keep resistance training consistent — do not reduce frequency
■	Eat protein first at every meal to manage hunger naturally
■	Plan meals in advance — hunger makes impulsive decisions easier
■	Check in with your coach weekly during this window

LONG-TERM MAINTENANCE TARGETS

These are the benchmarks that predict long-term success. If you are hitting all four, you are in the top 10% of GLP-1 outcomes.

TARGET	BENCHMARK	WHY IT MATTERS
Daily protein	0.7–1g per lb bodyweight	Preserves muscle, controls hunger
Resistance training	3× per week minimum	Maintains metabolic rate
Calorie awareness	Within 200 cal of target	Prevents slow creep back
Weekly weigh-in avg	Within ± 3 lbs of goal weight	Early warning system for drift
Sleep	7–9 hours per night	Controls ghrelin (hunger hormone)

READY TO STOP STARTING OVER?

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TRACK. LEARN. SUCCEED.