

6-Month GLP Protocol Guide

A Structured 24-Week Program for Appetite Control, Fat Loss, and Long-Term Habits

Overview

This protocol provides a step-by-step, 6-month plan for GLP-based therapy. It is structured to minimize side effects during ramp-up, sustain appetite suppression and fat loss, preserve lean muscle mass, and build metabolic habits that last beyond the program.

Progressive Dosing Schedule

Weeks	Weekly Dose	Syringe Volume	Clinical Notes
1–4	2.5 mg	0.50 mL (50 units)	Loading phase — body adapts, nausea minimized.
5–8	5.0 mg	1.00 mL (100 units)	Stronger appetite suppression, fat-loss acceleration.
9–16	7.5 mg	1.50 mL (150 units)	Consistent appetite control, steady fat loss.
17–24	10 mg	2.00 mL (200 units)	Stabilization phase — balance suppression & tolerance.

Total GLP used over 6 months: 120 mg.

Mixing Instructions

- Standard Mix (10 mg vial): Add 2 mL bacteriostatic water → final concentration = 5 mg/mL.

- 0.50 mL = 2.5 mg
- 1.00 mL = 5 mg
- 1.50 mL = 7.5 mg
- 2.00 mL = 10 mg

- Extended Mix (20 mg vial): Add 4 mL bacteriostatic water → final concentration = 5 mg/mL.

- 0.50 mL = 2.5 mg
- 1.00 mL = 5 mg
- 1.50 mL = 7.5 mg
- 2.00 mL = 10 mg
- 3.00 mL = 15 mg
- 4.00 mL = 20 mg

Storage:

- Refrigerate between 36–46°F (2–8°C).
- Use within 30 days.
- Always label vial with date + concentration.

Injection Instructions

- Use U-100 insulin syringes (29–31 gauge, 0.5–1 mL).
- Inject subcutaneously (abdomen, thighs, flanks).
- Rotate injection sites weekly to prevent irritation.
- Clean vial and site with alcohol.
- Pinch skin, inject slowly (5–10 seconds) at 90° or 45° angle.

Lifestyle Integration

Nutrition

- Protein: 0.7–1.0 g per lb goal body weight.
- Balance: ~40% protein, 30% carbs, 30% fats.
- Favor whole, minimally processed foods.
- Limit processed sugars and fried foods.

Hydration

- Drink 80–100 oz water daily.
- Add electrolytes if training intensely or sweating heavily.
- Limit alcohol to minimize GI stress and water retention.

Training

- Strength training: 3–4x per week.
- Cardio: 2–3x per week at moderate intensity.
- Daily activity: aim for 7,000–10,000 steps.

Recovery

- Sleep: 7–8 hours nightly.
- Manage stress with meditation, yoga, or journaling.
- Include active recovery days (walking, light cycling).

Troubleshooting

- Nausea → Hold dose longer, eat smaller meals.
- Constipation → Add fiber, water, magnesium.
- Plateau → Increase cardio, adjust macros.
- Fatigue → Check electrolytes, thyroid, testosterone.
- Muscle loss → Increase protein, resistance training, consider creatine.

Weekly Checklist (Weeks 1–24)

- ☐ Injection complete
- ☐ Protein target met
- ☐ Water intake (80–100 oz)
- ☐ Strength training (2–4 sessions)
- ☐ Steps logged (7–10k)
- ☐ Sleep quality rated
- ☐ Weight/waist/photos updated

Weekly Progress Tracker (Weeks 1–24)

Week	Dose (mg)	Injection <input type="checkbox"/>	Protein Goal <input type="checkbox"/>	Water Goal <input type="checkbox"/>	Training <input type="checkbox"/>	Steps <input type="checkbox"/>	Sleep <input type="checkbox"/>
1	2.5 mg						
2	2.5 mg						
3	2.5 mg						
4	2.5 mg						
5	5.0 mg						
6	5.0 mg						
7	5.0 mg						
8	5.0 mg						
9	7.5 mg						
10	7.5 mg						
11	7.5 mg						
12	7.5 mg						
13	7.5 mg						

14	7.5 mg
15	7.5 mg
16	7.5 mg
17	10 mg
18	10 mg
19	10 mg
20	10 mg
21	10 mg
22	10 mg
23	10 mg
24	10 mg

Tip: Keep this tracker with your kit. Record injections, habits, and notes weekly to stay consistent.