Progress Tracking Sheet for Weight Management and Nutrient Intake

When taking a Semaglutide or Tirzepatide injectable medication (sometimes referred to as GLP-1 medications)* for weight management, it's important to eat enough protein and fiber. **Protein** - found in foods like chicken, fish, eggs, and beans - helps your body build and repair muscles, keeps you feeling full, and supports your energy needs. **Fiber** - found in fruits, vegetables, whole grains, and legumes - enhances feeling of fullness, helps with digestive regularity, and prevents constipation, a common side effect of injectable Semaglutide and Tirzepatide. It's also important to incorporate foods with **micronutrients** like vitamin D (fatty fish, egg yolks, and fortified foods), calcium (dairy, leafy greens, and fortified alternatives), and iron (red meat, chickpeas, and spinach) because Semaglutide and Tirzepatide injectable medications slow down how quickly food leaves your stomach, which can affect how the body absorbs these micronutrients. In general, it's important to choose a variety of whole foods to ensure you're getting enough nutrients (like protein, vitamins, and minerals) to fuel your body, especially if you have a reduced appetite and aren't eating as much.

Hydration and physical activity are also important while on these medications - staying hydrated supports digestion and aids in nutrient absorption while physical activity, especially resistance training, keeps muscles active and prevents muscle breakdown.

My Daily Protein Goal:

💡 Tip! Your protein goal can be number-based (e.g. 100 g protein per day) or habit-based (e.g. include a protein source in every meal and snack throughout the day).

My Daily Fiber Goal:

💡 Tip! Your fiber goal can be number-based (e.g. 25 g fiber per day) or habit-based (e.g. eat 3-5 fiber-rich foods throughout the day).

My Daily Hydration Goal:

💡 Tip! Aim for 8 glasses (64 fl oz) of water per day.

My Weekly Activity Goal:

💡 Tip! If cleared by your healthcare provider, aim for resistance training 2-3 times per week and being active (e.g. walking) most days.

Progress Tracking Sheet for Weight Management and Nutrient Intake

Fill in this sheet daily to see your progress towards your goals.

MONTHLY GOALS

Name: _____ Month: _____

Starting Weight: _____ Ending Weight : _____

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Water																															
Protein																															
Fiber																															
Micronutrients																															
Exercise																															
Mindfulness																															

Use the blank space below to write notes on your progress as you progress throughout the month: