

MDmeds 

Your GLP-1 Weight Loss Planner



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What's Next?

"Success is more than luck, it's about planning towards achieving it."



Injection Day

Date:

Week:

Side Effects

Starting Weight	Current Weight	Loss/Gain this week

Days I felt it Worked
M / T / W / Tt / F / S / S

Bad Habits to Cut

Dose	Injection Location
	Abdomen
	Right thigh
	Left thigh
	Right Arm
	Left Arm

Good Habits to Keep

Things to mention to Dr

Injection Day

Date:

Week:

Side Effects

Starting Weight	Current Weight	Loss/Gain this week

Days I felt it Worked
M / T / W / Tt / F / S / S

Bad Habits to Cut

Dose	Injection Location
	Abdomen
	Right thigh
	Left thigh
	Right Arm
	Left Arm

Good Habits to Keep

Things to mention to Dr

My Starting Measurements

Date:

Arms

Chest

Waist

Hip

Thigh

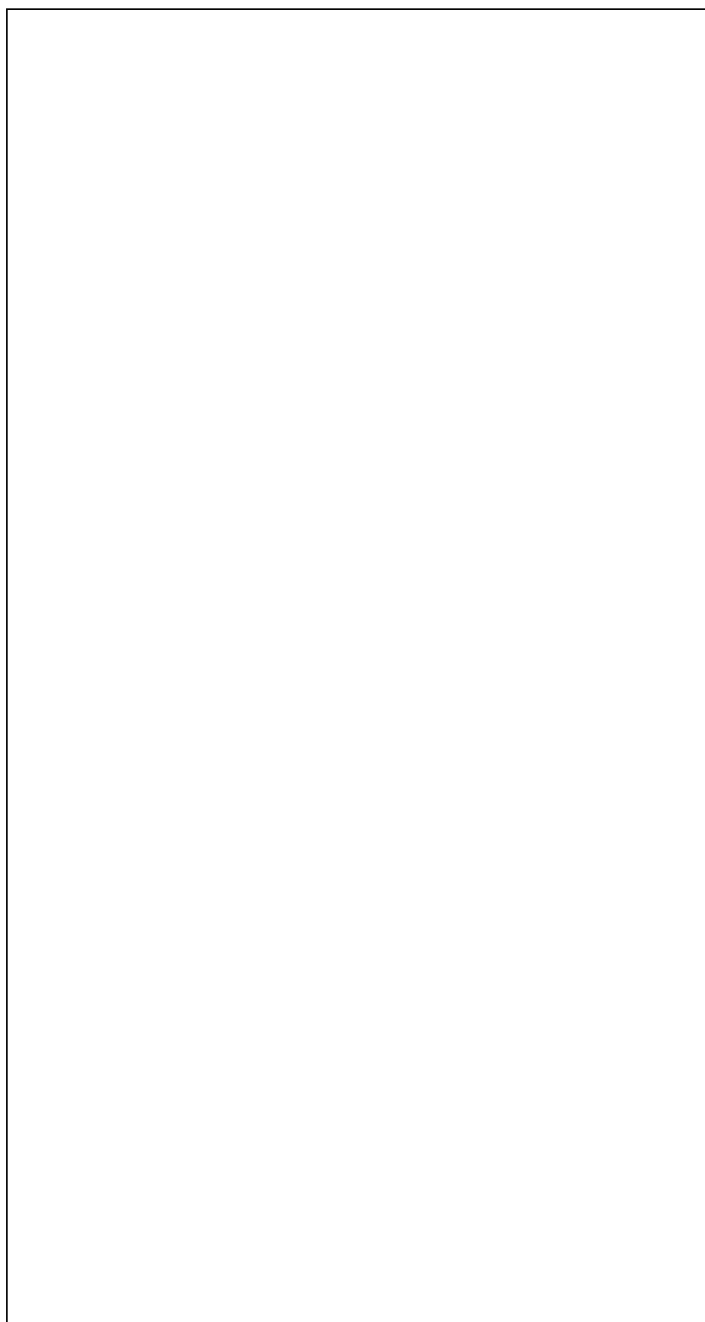
Calf

Weight



My Starting Measurements

Date:



BEFORE PHOTO

Chest:

Waist:

Hip:

Thigh:

Calf:

Weight:

NOTES

A large, empty rectangular box with a thin black border, intended for taking notes.

Why I Want To Lose Weight

Top 5 Reasons I Want to Lose Weight

1

2

3

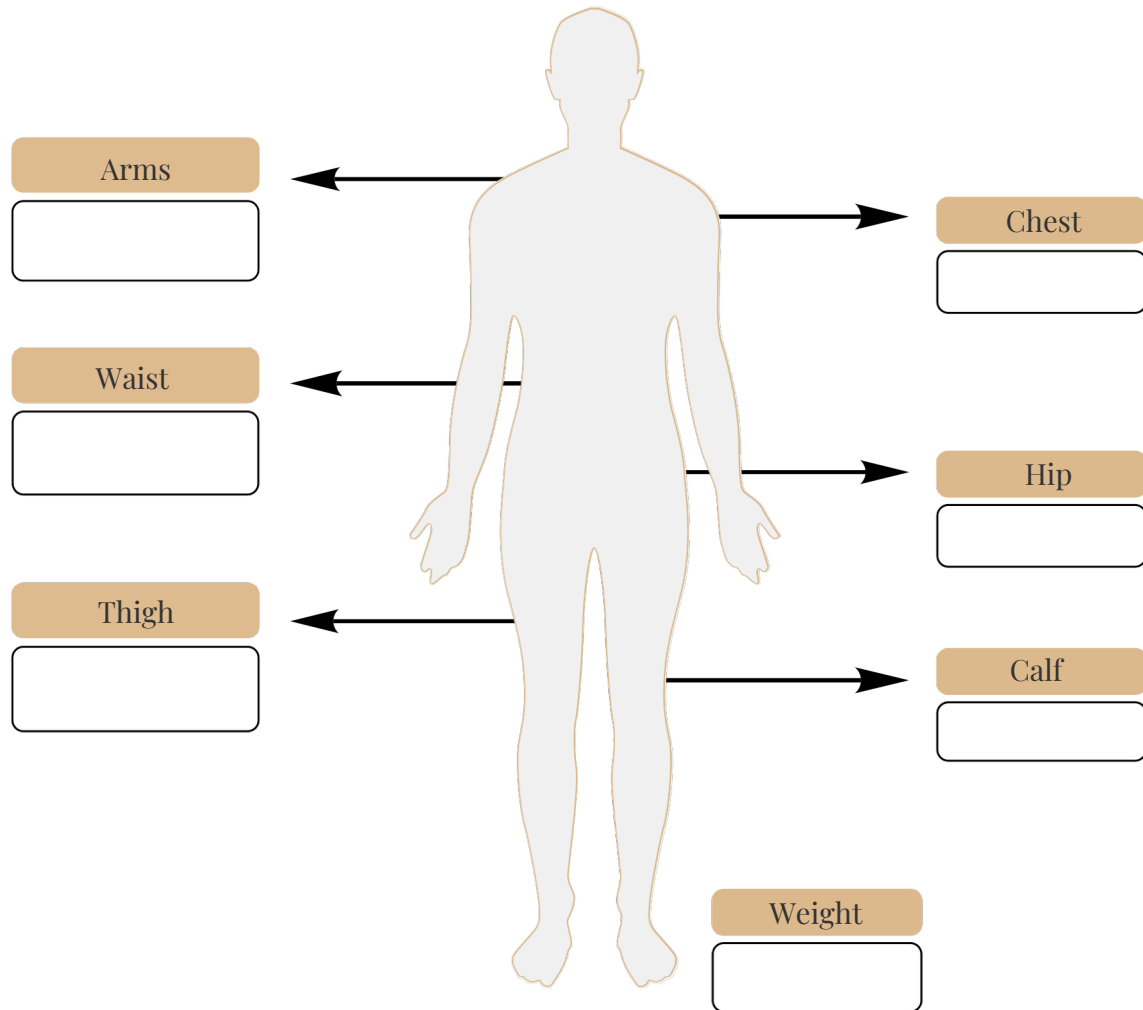
4

5

MY EXPECTATIONS

MY STRATEGY

Body Measurements



	MEASUREMENT 1	MEASUREMENT 2	MEASUREMENT 3
DATE ARMS			
CHEST			
WAIST HIP			
THIGH			
CALF			
WEIGHT			

Measurements Tracker

Starting Date:

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
DATE					
ARMS					
WAIST					
HIP					
THIGH					
CALF					
TOTAL					
WEIGHT					
	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10
DATE					
ARMS					
WAIST					
HIP					
THIGH					
CALF					
TOTAL					
WEIGHT					

Measurements Tracker

Starting Date:

	WEEK 11	WEEK 12	WEEK 13	WEEK 14	WEEK 15
DATE					
ARMS					
WAIST					
HIP					
THIGH					
CALF					
TOTAL					
WEIGHT					

	WEEK 16	WEEK 17	WEEK 18	WEEK 19	WEEK 20
DATE					
ARMS					
WAIST					
HIP					
THIGH					
CALF					
TOTAL					
WEIGHT					

Measurements Tracker

Starting Date:

	WEEK 21	WEEK 22	WEEK 23	WEEK 24	WEEK 25
DATE					
ARMS					
WAIST					
HIP					
THIGH					
CALF					
TOTAL					
WEIGHT					
	WEEK 26	WEEK 27	WEEK 28	WEEK 29	WEEK 30
DATE					
ARMS					
WAIST					
HIP					
THIGH					
CALF					
TOTAL					
WEIGHT					

Measurements Tracker

Starting Date:

	WEEK 31	WEEK 32	WEEK 33	WEEK 34	WEEK 35
DATE					
ARMS					
WAIST					
HIP					
THIGH					
CALF					
TOTAL					
WEIGHT					

	WEEK 36	WEEK 37	WEEK 38	WEEK 39	WEEK 40
DATE					
ARMS					
WAIST					
HIP					
THIGH					
CALF					
TOTAL					
WEIGHT					

Measurements Tracker

Starting Date:

	WEEK 41	WEEK 42	WEEK 43	WEEK 44	WEEK 45
DATE					
ARMS					
WAIST					
HIP					
THIGH					
CALF					
TOTAL					
WEIGHT					
	WEEK 46	WEEK 47	WEEK 48	WEEK 49	WEEK 50
DATE					
ARMS					
WAIST					
HIP					
THIGH					
CALF					
TOTAL					
WEIGHT					

Weekly Fitness

WORKOUT PLAN

MON	
TUE	
WED	
THU	
FRI	
SAT	
SUN	

WEEK OF

TOP GOALS

TO DO LIST

NOTE

--

Monthly Fitness

Month of: _____

Mon	Tue	Wed	Thu	Fri	Sun	Sat
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Habit Tracker

To Do List

01	
02	
03	
04	

Notes:

Weekly Fitness Plan

WEEK OF: _____








NUTRITION GOALS

FAT:

CALS:

CARBS:

PROT:

	FAT:	CALS:	CARBS:	PROT:
MON			HYDRATION  SLEEP:	WORKOUT CALORIES BURNED:
TUE			HYDRATION  SLEEP:	WORKOUT CALORIES BURNED:
WED			HYDRATION  SLEEP:	WORKOUT CALORIES BURNED:
THU			HYDRATION  SLEEP:	WORKOUT CALORIES BURNED:
FRI			HYDRATION  SLEEP:	WORKOUT CALORIES BURNED:
SAT			HYDRATION  SLEEP:	WORKOUT CALORIES BURNED:
SUN			HYDRATION  SLEEP:	WORKOUT CALORIES BURNED:

Daily Fitness

DATE :	TOTALS
TODAY'S FOCUS :	CALORIES :
WATER :	PROTEIN :
STEPS :	FAT :
	CARBS :

MOTIVATION	IMPORTANT	TOMORROW

DAILY WORKOUT	TASKS

BREAKFAST	LUNCH	DINNER	SNACK

NOTES

Medical Appointment Log

DATE :	MEDICATION
TODAY'S FOCUS :	MEDICATION:
STEPS :	DOSAGE:
DOCTOR:	SIDE
	EFFECTS:

REASON FOR VISIT

IMPORTANT THINGS DISCUSSED	TASKS TO DO

FEELINGS

Daily Plan

Date:

6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	
7:00	

Remember

Priorities
✦
✦
✦

Notes

Fitness Reflection

MY PROGRESS RATING



ACHIEVEMENTS

CHALLENGES

ACHIEVEMENTS

HOW DO YOU FEEL NOW?

WEAKNESS

WHAT WENT WELL ?

WHAT DID NOT WENT WELL?

WHAT WENT WELL ?	WHAT DID NOT WENT WELL?

HOW TO IMPROVE ?

GOALS IN PROGRESS

HOW TO IMPROVE ?	GOALS IN PROGRESS

Weekly Reflection

WEEK:

MY PROGRESS RATING



DIET ACHIEVEMENTS

DIET CHALLENGES

FITNESS ACHIEVEMENTS

FITNESS CHALLENGES

DID I REACH MY WEIGHT GOAL THIS WEEK? THOUGHTS?

WHAT WENT WELL ?

WHAT DID NOT WENT WELL?

HOW TO IMPROVE NEXT WEEK ?

GOALS IN PROGRESS

Goal Progress Tracker

GOAL:	
START DATE:	DEADLINE:
PROGRESS TRACKER	10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

GOAL:	
START DATE:	DEADLINE:
PROGRESS TRACKER	10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

GOAL:	
START DATE:	DEADLINE:
PROGRESS TRACKER	10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

GOAL:	
START DATE:	DEADLINE:
PROGRESS TRACKER	10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

GOAL:	
START DATE:	DEADLINE:
PROGRESS TRACKER	10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Motivation & Inspiration for Next Week

TOP 3 REASONS I PROUD OF MYSELF THIS WEEK

1

2

3

MY EXPECTATIONS FOR NEXT WEEK

MY STRATEGY FOR NEXT WEEK

My Journal

WEEK 1	WEEK 2	WEEK 3
WEIGHT:	WEIGHT:	WEIGHT:

WEEK 4	WEEK 5	WEEK 6
WEIGHT:	WEIGHT:	WEIGHT:

WEEK 7	WEEK 8	WEEK 9
WEIGHT:	WEIGHT:	WEIGHT:

My Journal

WEEK 10	WEEK 11	WEEK 12
WEIGHT:	WEIGHT:	WEIGHT:

WEEK 13	WEEK 14	WEEK 15
WEIGHT:	WEIGHT:	WEIGHT:

WEEK 16	WEEK 17	WEEK 18
WEIGHT:	WEIGHT:	WEIGHT:

My Journal

WEEK 19	WEEK 20	WEEK 21
WEIGHT:	WEIGHT:	WEIGHT:

WEEK 22	WEEK 23	WEEK 24
WEIGHT:	WEIGHT:	WEIGHT:

WEEK 25	WEEK 26	WEEK 27
WEIGHT:	WEIGHT:	WEIGHT:

My Journal

WEEK 28	WEEK 29	WEEK 30
WEIGHT:	WEIGHT:	WEIGHT:

WEEK 31	WEEK 32	WEEK 33
WEIGHT:	WEIGHT:	WEIGHT:

WEEK 34	WEEK 35	WEEK 36
WEIGHT:	WEIGHT:	WEIGHT:

My Journal

WEEK 37	WEEK 38	WEEK 39
WEIGHT:	WEIGHT:	WEIGHT:

WEEK 40	WEEK 41	WEEK 42
WEIGHT:	WEIGHT:	WEIGHT:

WEEK 43	WEEK 44	WEEK 45
WEIGHT:	WEIGHT:	WEIGHT:

My Journal

WEEK 46	WEEK 47	WEEK 48
WEIGHT:	WEIGHT:	WEIGHT:

WEEK 49	WEEK 50	WEEK 51
WEIGHT:	WEIGHT:	WEIGHT

:

	END OF YEAR REFLECTION:
WEEK 52	
WEIGHT:	

Transformation

STARTING WEIGHT:	CURRENT WEIGHT:
BEFORE PICTURE	AFTER PICTURE

NECK	NECK
CHEST	CHEST
BICEPS	BICEPS
WAIST	WAIST
HIP	HIP
ABS	ABS
THIGHS	THIGHS
CALF	CALF

NOTES

Daily Diet Plan

DATE

BREAKFAST

	CALS	FAT
	PROT	CARB

LUNCH

	CALS	FAT
	PROT	CARB

DINNER

	CALS	FAT
	PROT	CARB

SNACKS

	CALS	FAT
	PROT	CARB

WORKOUT

--

NUTRITION GOALS

HOW I'M FEELING TODAY:

SLEEP

--

MOOD



WATER



MEDICATION LOG

Shot Day:

Dose:

Notes:

Weekly Meal Planner

WEEK

MONTH

	BREAKFAST	SNACK	LUNCH	DINNER
SUN				
MON				
TUE				
WED				
THU				
FRI				
SAT				

Macro Tracker

SUNDAY		
	GOAL	ACTUAL
CALORIES		
PROTEIN		
PROTEIN		
FATS		
SUGAR		
TUESDAY		

MONDAY		
	GOAL	ACTUAL
CALORIES		
PROTEIN		
PROTEIN		
FATS		
SUGAR		
TUESDAY		

TUESDAY		
	GOAL	ACTUAL
CALORIES		
PROTEIN		
PROTEIN		
FATS		
SUGAR		
TUESDAY		

WEDNESDAY		
	GOAL	ACTUAL
CALORIES		
PROTEIN		
PROTEIN		
FATS		
SUGAR		
TUESDAY		

THURSDAY		
	GOAL	ACTUAL
CALORIES		
PROTEIN		
PROTEIN		
FATS		
SUGAR		
TUESDAY		

FRIDAY		
	GOAL	ACTUAL
CALORIES		
PROTEIN		
PROTEIN		
FATS		
SUGAR		
TUESDAY		

SUNDAY		
	GOAL	ACTUAL
CALORIES		
PROTEIN		
PROTEIN		
FATS		
SUGAR		
TUESDAY		

NOTES

52 Week Challenge

START DATE: **GOAL WEIGHT:** **WEIGHT LOSS/GAIN :**

--

START DATE: **END DATE:**

--	--

GOAL WEIGHT: **END 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	32	33	34	35

36	37	38	39	40	41	42

43	44	45	46	47	48	49

50	51	52

YOU DID IT

Fitness Progress

____/____/____

____/____/____

✦ Body Parts	Before	After

**NO PAIN,
NO GAIN.**
Workout Motivation

Notes

Food Tracker

✦ Date	Breakfast	Lunch	Dinner	Snack
SUN				
MON				
TUE				
WED				
THU				
FRI				
SAT				

Notes

Target Weight

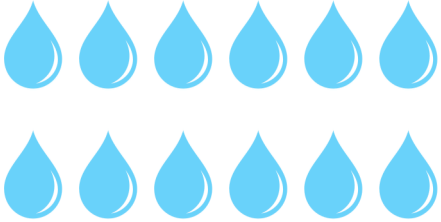
My Diet Journey

Starting Date:

Ending Date:

List of Motivations:

Breakfast	Lunch	Dinner

Snack	Supplements	Water Intake
		

Diet Progress

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My Fitness Goals

Starting Date:

Ending Date:

My Top Fitness Goals

Bad Habits to Cut

--

Good Habits to Keep

--

Motivation:

--

Start

Goal

Start	Goal	
		Chest
		Arm
		Waist
		Hips
		BMI
		Weight
		Body Fat
		Muscle

Fitness Challenge

Month:

Week of:

	Exercise/Workout	Sets & Reps
S		
M		
T		
W		
T		
F		
S		

Notes

Calories Tracker

Month:

Week of:

	Breakfast	Lunch	Dinner	Snack
Sun				
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				

Fitness Result

Starting Date:

Ending Date:

Reminders

Before	
Chest	
Waist	
Hip	
Arm	
Thighs	
Weight	
BMI	
Body Fat	
Muscle	

After	
Chest	
Waist	
Hip	
Arm	
Thighs	
Weight	
BMI	
Body Fat	
Muscle	

Notes

30 Days Challenge

MONTH OF:

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

Habit Tracker

TARGET	YEAR														
JANUARY	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
FEBRUARY	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	
MARCH	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
APRIL	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
MAY	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
JUNE	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
JULY	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
AUGUST	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
SEPTEMBER	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
OCTOBER	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
NOVEMBER	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
DESEMBER	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

My Fitness Goals

DATE : _____

MY OVERALL GOAL IS

THE ESTIMATED TIME IT'S GOING TO TAKE

MY SMALLER GOALS TO REACH MY OVERALL GOAL

I AM DOING THIS BECAUSE

PEOPLE WHO ARE GOING TO HOLD ME ACCOUNTABLE

THE MOST CHALLENGING PART ABOUT THIS JOURNEY WILL BE

HOW I PLAN TO OVERCOME THESE CHALLENGES

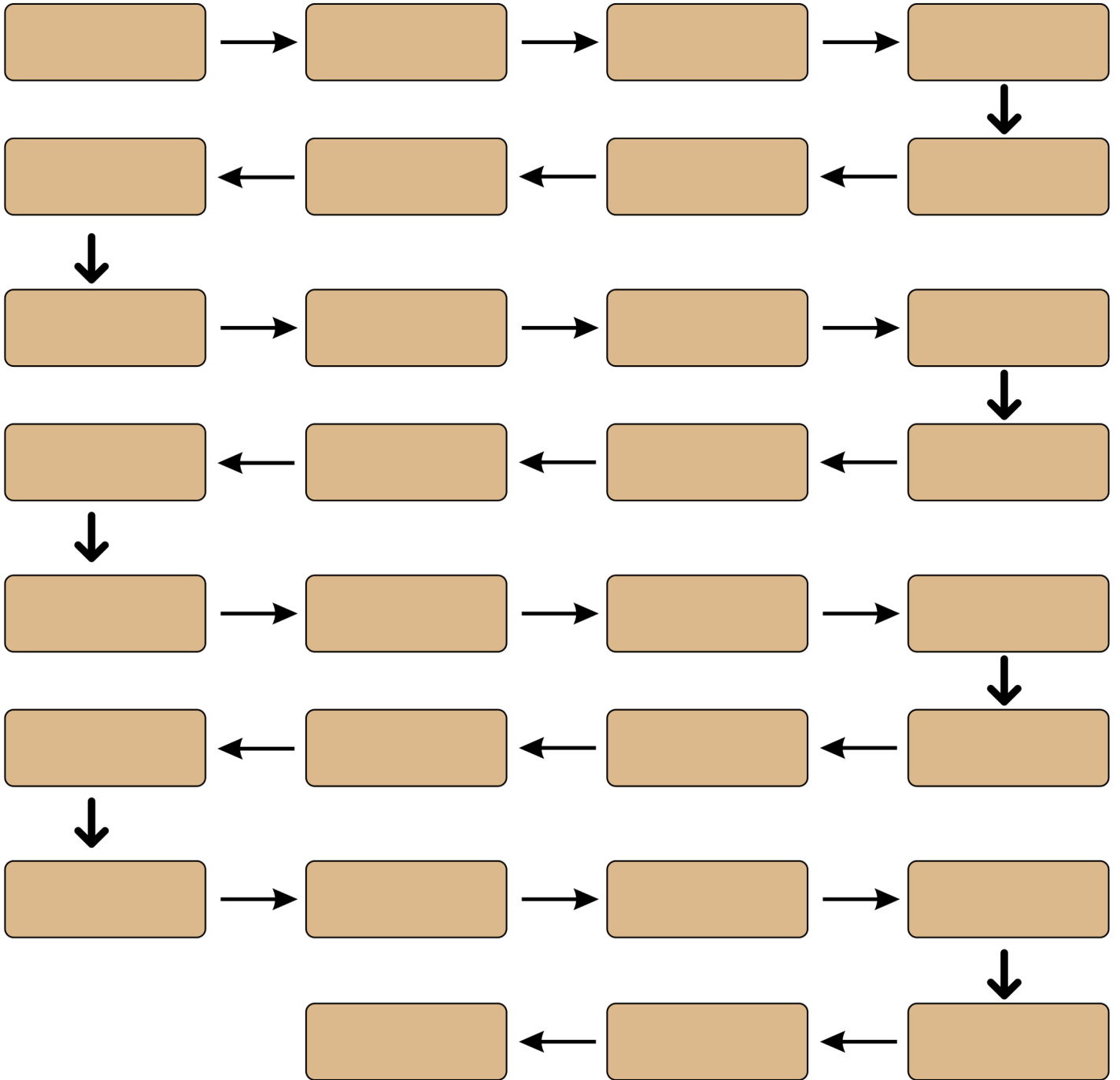
A LETTER TO MY SELF WHEN I FEEL WEAK



Weight Tracker

START DATE -

END DATE -



Total -

Before & After

Date:

--	--

BEFORE PHOTO

AFTER PHOTO

Chest:

Chest:

Waist:

Waist:

Hip

Hip

Thigh

Thigh

Calf:

Calf:

Weight:

Weight:

5 DAYS WORKOUT PLANNER



MONDAY :	THURSDAY :

TUESDAY:	FRIDAY :

WEDNESDAY :	NOTE :

Personal Workout Tracker

	ACTIVITY	TIME	REPS
DAY 1			
DAY 2			
DAY 3			
DAY 4			
DAY 5			

Fitness Workout Planner

Day	Activity	Goals
M		✦
T		✦
W		✦
T		✦
F		✦
S		✦
S		✦

Workout Planner

DAY	EXERCISE	GOAL
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Workout Routine

MONDAY	TUESDAY

WEDNESDAY	THURSDAY

FRIDAY	SATURDAY

SUNDAY

Exercise Planner

MONDAY	TUESDAY
WEDNESDAY	THURSDAY
FRIDAY	SATURDAY

SUNDAY



MINDSET
IS
EVERYTHING

YOU CAN
DO IT!

small step
everyday

IT
always
SEEMS —
IMPOSSIBLE
until IT'S
DONE!

PROGRESS
- NOT -
Perfection

EVERY
journey
NEEDS A
first
STEP

I CAN
- and -
I WILL

The

Future depends
on what you

Do Today

“YOU’VE
TOTALLY GOT
THIS!”

BELIEVE IN
YOURSELF

Keep
going

BE
Proud
of who
YOU
are

A hand-drawn illustration of the text "BE Proud of who YOU are". The word "BE" is in a bold, grey, sans-serif font with a white outline and a brown drop shadow. "Proud" is in a black, cursive script font with a white outline and a brown drop shadow. "of who" is in a smaller, black, cursive script font, positioned to the left of "YOU". "YOU" is in a large, bold, grey, sans-serif font with a white outline and a brown drop shadow. "are" is in a black, cursive script font with a white outline and a brown drop shadow. The text is surrounded by decorative elements: small brown dots at the top, brown leaf-like shapes on the sides, and a brown leaf-like shape at the bottom. The entire illustration is set against a white background.

you are:
NOT ALONE
• in this •

FOCUS
on the good

YOU
HAVE
WHAT
IT TAKES

just
try



Contact Us



(833) 721-6337



mdmeds.com