AFTER GLP-1 · PRINTABLE

My off-ramp week

Two strength days, regular walks, one honest record. Fill in pencil.

My usual week

Mon	Tue	Wed	Thu	Fri	Sat	Sun
☐ Strength	☐ Strength	☐ Strength	☐ Strength	☐ Strength	☐ Strength	☐ Strength
☐ Walk	☐ Walk	☐ Walk	☐ Walk	☐ Walk	☐ Walk	☐ Walk
☐ Rest	☐ Rest	☐ Rest	☐ Rest	☐ Rest	☐ Rest	☐ Rest

How to use this log

- Aim for strength on at least 2 days and moderate activity most days (CDC, 2023).
- Repeat the same simple moves: sit-to-stand, wall or counter push-up, hip hinge, carry, heel raises.
- Once a month, count chair stands in 30 seconds (CDC STEADI test). Same chair, same time of day.
- Write what happened, not what you wish happened. Missed weeks are blank, not failures.
- Bring both pages to appointments. Your prescriber decides about tapering or stopping medication.

Questions for my prescriber

My reasons for keeping this up

General information, not medical advice. Talk to your clinician before changing medication or starting exercise.
Sources: CDC adult physical activity guidelines (2023); CDC STEADI 30-Second Chair Stand (2017).
Made by Honest Little Apps. Free to print and share. Sturdy: Strength on GLP-1 is a free iPhone app.

12-week log

Tick a box per session. Chair stands: count in 30 seconds, monthly (weeks 1, 5, 9, 12).

Week	Strength	Walks / activity	Chair stands	Energy 1-5	Notes
1	☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐	TEST WEEK		
2	☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐			
3	☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐			
4	☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐			
5	☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐	TEST WEEK		
6	☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐			
7	☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐			
8	☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐			
9	☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐	TEST WEEK		
10	☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐			
11	☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐			
12	☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐	TEST WEEK		

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