

Everyday Weight & Wellness Checklist

DURING WEIGHT LOSS & BEYOND

Food noise support.
Simple routines.

One practical next step. Use these pages while building habits, maintaining results, or finding your way back to a routine.

START HERE

☐ I want support with food noise. Go to page 2.

☐ I want one steadier routine. Go to page 3.

You can use either page on its own.

USE IT YOUR WAY

Computer: Download and open this PDF in a PDF reader. Click boxes and type short answers. Use **Save As** or **Save a copy** to keep your answers.

Paper: Print the pages and write your answers by hand.

Dr. Joseph C. Okoye, MD, FACP

Founder, The IM Doc®

Board-certified in internal medicine; practicing medicine for over 35 years.

Do not stop, restart, or change GLP-1 medication without discussing it with your prescribing clinician.

When food keeps pulling your attention

Food noise means frequent thoughts about food. Hunger, stress, and habit may overlap. You do not need to decide on one cause.

1 NOTICE WHAT IS PRESENT

- ☐ I am hungry, missed a meal, or ate less than usual.
- ☐ I feel stressed, bored, tired, or out of routine.
- ☐ More than one fits, or I am unsure.

2 CHOOSE WHAT FITS THIS MOMENT

Nourish

If you are hungry or missed food, choose a familiar meal or snack that fits your needs and care plan.

Make room to pause

If stress is also present, sit somewhere comfortable. Take a short quiet pause or contact someone supportive.

You can do both. A pause does not replace food when you need it.

3 MAKE THE STEP EASY TO USE

My next step:

Easier backup:

Later, note what felt useful. If eating feels distressing or out of control, contact your own clinician for support.

Do not stop, restart, or change GLP-1 medication without discussing it with your prescribing clinician.

Make one routine easier to return to

Pick one action you can repeat. This plan is for your routine; it does not promise a change in weight.

CHOOSE ONE STARTING POINT

- ☐ Set out what I need for one familiar meal.
- ☐ Put a usual, suitable movement session on my calendar.
- ☐ Start a short evening wind-down before bed.

MAKE IT SPECIFIC

After

I will

On a harder day, I can

Example: After dinner, I will set out breakfast items.

Easier option: Put one needed item where I will see it.

CHECK IN ON THE DAYS YOU TRY

DAY 1

☐

DAY 2

☐

DAY 3

☐

DAY 4

☐

DAY 5

☐

DAY 6

☐

DAY 7

☐

A mark means "I tried or made a note." It is not a health score.

Review date:

Keep, simplify, or change:

Do not stop, restart, or change GLP-1 medication without discussing it with your prescribing clinician.

A first step you can use. A plan you can build on.

Return to these two tools whenever they help. You can keep using this guide without buying an app.

THE IM DOC COMPANION

The planned paid companion gives you a place to keep your routines and return to them as life changes.

Find a practical next step

Meal ideas, Protein Gap Rescue, Strength Builder, Stress Rhythm, and planning ahead.

Keep your plan together

Save your chosen actions and check-ins to your account. Review what you recorded.

Return and adjust

Use Maintenance Guardrails and Regain Rescue to review routines and choose your next step.

The app is in development. Launch timing, price, and access details will be announced separately. It does not provide prescriptions or clinician monitoring.

[Return to my seven-day plan](#)

Do not stop, restart, or change GLP-1 medication without discussing it with your prescribing clinician.