



# GLP-1 Muscle & Metabolic Health Tracker

**Track protein intake, energy levels,  
hydration, and habits that support metabolic  
health while using GLP-1 medications.**

# Welcome

This tracker was created to help women using GLP-1 medications monitor nutrition, energy levels, and lifestyle habits that support healthy and sustainable weight loss during midlife.

This tracker is not about perfection. It is simply a tool to help you observe patterns and support healthy habits while your body adjusts to GLP-1 therapy.

# How to Use This Tracker

GLP-1 medications can reduce appetite and lead to significant weight loss. While this can be helpful for many women, it can also make it easy to unintentionally eat too little protein or lose muscle along with fat.

This tracker is designed to help you stay aware of the daily habits that support **healthy, sustainable weight loss and metabolic health during midlife.**

Use this tracker as a simple way to observe patterns and stay mindful of the habits that help your body feel strong and energized.

## Each Day

Record a few key health markers, including:

- protein intake
- water intake
- movement or strength training
- energy level
- appetite level

Tracking these factors can help you notice patterns in how your body responds to medication, nutrition, and activity.

## **Each Week**

Use the weekly check-in pages to review your progress and reflect on how you are feeling overall. Looking at your week as a whole can help you identify what is working well and where adjustments might be helpful.

## **A Helpful Reminder**

This tracker is not meant to be perfect. It is simply a tool to help you stay aware of your habits and support your overall well-being while using GLP-1 medications.

If you have questions about nutrition, medications, or health concerns, always speak with your healthcare provider.

## **Why Protein Matters While Using GLP-1 Medications**

GLP-1 medications work by slowing digestion and reducing appetite. While this can help with weight loss, it may also make it easier to unintentionally eat too little protein.

Protein plays an important role in supporting muscle maintenance, metabolism, and overall strength, especially during midlife when natural muscle loss can already begin to occur.

# Why Protein Matters While Using GLP-1 Medications

GLP-1 medications work by slowing digestion and reducing appetite. While this can help with weight loss, it may also make it easier to unintentionally eat too little protein.

Protein plays an important role in supporting muscle maintenance, metabolism, and overall strength, especially during midlife when natural muscle loss can already begin to occur.

When protein intake is too low during weight loss, the body may lose both fat and lean muscle tissue. Maintaining adequate protein intake and including some form of strength or resistance activity can help support healthy body composition while losing weight.

This tracker helps you stay aware of the daily habits that support fat loss while protecting muscle and metabolic health.

# Healthy Weight Loss During GLP-1 Therapy

GLP-1 medications can be an effective tool for weight loss by slowing digestion, improving blood sugar regulation, and reducing appetite. For many women in midlife, these medications can help address metabolic changes that often occur during perimenopause and menopause.

While weight loss may happen quickly at first, the goal is not simply to lose weight, but to support healthy and sustainable body composition changes over time.

Healthy weight loss focuses on losing excess body fat while maintaining lean muscle mass, which helps support metabolism, strength, and long-term health.

## **Key Habits That Support Healthy Weight Loss**

### **Prioritize Protein Intake**

Protein helps support muscle maintenance during weight loss. Because GLP-1 medications can significantly reduce appetite, it can become easy to eat less overall, including less protein. Consistently including protein with meals can help support muscle preservation.

### **Include Strength or Resistance Activity**

Strength training or resistance exercises signal the body to maintain muscle tissue during weight loss. Even simple resistance activities performed a few times per week can support muscle health and metabolic function.

### **Stay Hydrated**

Adequate hydration supports digestion, energy levels, and overall well-being. Drinking water regularly throughout the day can also help support appetite regulation.

### **Pay Attention to Energy Levels**

If energy levels drop significantly, it may be a sign that the body is not receiving enough nutrition or protein. Balanced nutrition helps support both weight loss and overall health.

### **Focus on Long-Term Health**

Sustainable habits tend to produce better long-term results than rapid changes. The goal is to support a pattern of eating and movement that helps you feel strong, energized, and well over time.

### **A Helpful Reminder**

Every person's body responds differently to medication, nutrition, and lifestyle changes. Keep in mind this tracker is designed to help you observe patterns in your habits and how your body responds over time.

If you have questions about nutrition, exercise, or medication use, always speak with your healthcare provider for personalized guidance.

# Understanding Muscle Maintenance During Weight Loss

## How to Know if Muscle Is Being Maintained

When losing weight, the goal is ideally to lose body fat while preserving lean muscle tissue. Because most people do not have access to detailed body composition scans, there are several practical signs that muscle is being maintained.

### 1. Strength remains stable or improves

If you are able to maintain or gradually increase strength during resistance or strength exercises, this is often a positive sign that muscle tissue is being preserved.

### 2. Energy levels remain stable

Severe fatigue during weight loss may sometimes indicate insufficient nutrition or protein intake.

### 3. Weight loss is gradual

Rapid weight loss can sometimes increase the likelihood of losing muscle along with fat. A steady and moderate pace of weight loss often supports better muscle preservation.

#### **4. Adequate protein intake**

Protein provides the building blocks needed to maintain muscle tissue. Consistent daily intake helps support muscle maintenance during weight loss.

#### **5. Waist measurement changes**

If waist measurements decrease while strength and energy remain stable, this may suggest fat loss while muscle is being preserved.

Because every body is different, it is always helpful to speak with a healthcare professional about nutrition, exercise, and medication management.

# Tracker

# Weekly Check-In

Week 1

**Week of:**

**Weight**

**Waist Measurement**

**Energy Level This Week:**  
**Low / Moderate / High**

**Sleep Quality:**  
**Poor / Fair / Good**

**Strength or Resistance Workouts Completed:**  
**0   1   2   3   4+**

**Notes**

# Daily Tracking

**Date**

**GLP-1 Dose**

**Protein Intake:**                      **Low / Moderate / High**

**Water Intake**

**Movement / Steps**                      **(Yes / No)**                      **Steps**

**Strength Training**                      **(Yes / No)**

**Energy Level:**                      **Low / Moderate / High**

**Appetite Level:**                      **Low / Moderate / High**

**Notes:**

**How did my body feel today?**

**Strength workout**

**Protein at each meal**

**Hydration goal**

# Daily Muscle Protection Habits

- Ate protein with each meal**
- Completed resistance training**
- Stayed hydrated**
- Walked or moved today**

# Daily Tracking

**Date**

**GLP-1 Dose**

**Protein Intake:                      Low / Moderate / High**

**Water Intake**

**Movement / Steps                      (Yes / No)                      Steps**

**Strength Training                      (Yes / No)**

**Energy Level:                      Low / Moderate / High**

**Appetite Level:                      Low / Moderate / High**

**Notes:**

**How did my body feel today?**

**Strength workout**

**Protein at each meal**

**Hydration goal**

# Daily Muscle Protection Habits

- Ate protein with each meal**
- Completed resistance training**
- Stayed hydrated**
- Walked or moved today**

# Daily Tracking

**Date**

**GLP-1 Dose**

**Protein Intake:                      Low / Moderate / High**

**Water Intake**

**Movement / Steps                      (Yes / No)                      Steps**

**Strength Training                      (Yes / No)**

**Energy Level:                      Low / Moderate / High**

**Appetite Level:                      Low / Moderate / High**

**Notes:**

**How did my body feel today?**

**Strength workout**

**Protein at each meal**

**Hydration goal**

# Daily Muscle Protection Habits

- Ate protein with each meal**
- Completed resistance training**
- Stayed hydrated**
- Walked or moved today**

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**Date**

**GLP-1 Dose**

**Protein Intake:**                      **Low / Moderate / High**

**Water Intake**

**Movement / Steps**                      **(Yes / No)**                      **Steps**

**Strength Training**                      **(Yes / No)**

**Energy Level:**                      **Low / Moderate / High**

**Appetite Level:**                      **Low / Moderate / High**

**Notes:**

**How did my body feel today?**

**Strength workout**

**Protein at each meal**

**Hydration goal**

# Daily Muscle Protection Habits

- Ate protein with each meal**
- Completed resistance training**
- Stayed hydrated**
- Walked or moved today**

# Daily Tracking

**Date**

**GLP-1 Dose**

**Protein Intake:                      Low / Moderate / High**

**Water Intake**

**Movement / Steps                      (Yes / No)                      Steps**

**Strength Training                      (Yes / No)**

**Energy Level:                      Low / Moderate / High**

**Appetite Level:                      Low / Moderate / High**

**Notes:**

**How did my body feel today?**

**Strength workout**

**Protein at each meal**

**Hydration goal**

# Daily Muscle Protection Habits

- Ate protein with each meal**
- Completed resistance training**
- Stayed hydrated**
- Walked or moved today**

# Daily Tracking

**Date**

**GLP-1 Dose**

**Protein Intake:                      Low / Moderate / High**

**Water Intake**

**Movement / Steps                      (Yes / No)                      Steps**

**Strength Training                      (Yes / No)**

**Energy Level:                      Low / Moderate / High**

**Appetite Level:                      Low / Moderate / High**

**Notes:**

**How did my body feel today?**

**Strength workout**

**Protein at each meal**

**Hydration goal**

# Daily Muscle Protection Habits

- Ate protein with each meal**
- Completed resistance training**
- Stayed hydrated**
- Walked or moved today**

# Daily Tracking

**Date**

**GLP-1 Dose**

**Protein Intake:                      Low / Moderate / High**

**Water Intake**

**Movement / Steps                      (Yes / No)                      Steps**

**Strength Training                      (Yes / No)**

**Energy Level:                      Low / Moderate / High**

**Appetite Level:                      Low / Moderate / High**

**Notes:**

**How did my body feel today?**

**Strength workout**

**Protein at each meal**

**Hydration goal**

# Daily Muscle Protection Habits

- Ate protein with each meal**
- Completed resistance training**
- Stayed hydrated**
- Walked or moved today**

# Weekly Reflection

How did my energy change this week?

Did my strength improve?

Did I maintain muscle while losing weight?

What adjustments should I make next week?

# Weekly Check-In

Week 2

**Week of:**

**Weight**

**Waist Measurement**

**Energy Level This Week:**  
**Low / Moderate / High**

**Sleep Quality:**  
**Poor / Fair / Good**

**Strength or Resistance Workouts Completed:**  
**0 1 2 3 4+**

**Notes**

# Daily Tracking

**Date**

**GLP-1 Dose**

**Protein Intake:                      Low / Moderate / High**

**Water Intake**

**Movement / Steps                      (Yes / No)                      Steps**

**Strength Training                      (Yes / No)**

**Energy Level:                      Low / Moderate / High**

**Appetite Level:                      Low / Moderate / High**

**Notes:**

**How did my body feel today?**

**Strength workout**

**Protein at each meal**

**Hydration goal**

# Daily Muscle Protection Habits

- Ate protein with each meal**
- Completed resistance training**
- Stayed hydrated**
- Walked or moved today**

# Daily Tracking

**Date**

**GLP-1 Dose**

**Protein Intake:**                      **Low / Moderate / High**

**Water Intake**

**Movement / Steps**                      **(Yes / No)**                      **Steps**

**Strength Training**                      **(Yes / No)**

**Energy Level:**                      **Low / Moderate / High**

**Appetite Level:**                      **Low / Moderate / High**

**Notes:**

**How did my body feel today?**

**Strength workout**

**Protein at each meal**

**Hydration goal**

# Daily Muscle Protection Habits

- Ate protein with each meal**
- Completed resistance training**
- Stayed hydrated**
- Walked or moved today**

# Daily Tracking

**Date**

**GLP-1 Dose**

**Protein Intake:**                      **Low / Moderate / High**

**Water Intake**

**Movement / Steps**                      **(Yes / No)**                      **Steps**

**Strength Training**                      **(Yes / No)**

**Energy Level:**                      **Low / Moderate / High**

**Appetite Level:**                      **Low / Moderate / High**

**Notes:**

**How did my body feel today?**

**Strength workout**

**Protein at each meal**

**Hydration goal**

# Daily Muscle Protection Habits

- Ate protein with each meal**
- Completed resistance training**
- Stayed hydrated**
- Walked or moved today**

# Daily Tracking

**Date**

**GLP-1 Dose**

**Protein Intake:                      Low / Moderate / High**

**Water Intake**

**Movement / Steps                      (Yes / No)                      Steps**

**Strength Training                      (Yes / No)**

**Energy Level:                      Low / Moderate / High**

**Appetite Level:                      Low / Moderate / High**

**Notes:**

**How did my body feel today?**

**Strength workout**

**Protein at each meal**

**Hydration goal**

# Daily Muscle Protection Habits

- Ate protein with each meal**
- Completed resistance training**
- Stayed hydrated**
- Walked or moved today**

# Daily Tracking

**Date**

**GLP-1 Dose**

**Protein Intake:                      Low / Moderate / High**

**Water Intake**

**Movement / Steps                      (Yes / No)                      Steps**

**Strength Training                      (Yes / No)**

**Energy Level:                      Low / Moderate / High**

**Appetite Level:                      Low / Moderate / High**

**Notes:**

**How did my body feel today?**

**Strength workout**

**Protein at each meal**

**Hydration goal**

# Daily Muscle Protection Habits

- Ate protein with each meal**
- Completed resistance training**
- Stayed hydrated**
- Walked or moved today**

# Daily Tracking

**Date**

**GLP-1 Dose**

**Protein Intake:**                      **Low / Moderate / High**

**Water Intake**

**Movement / Steps**                      **(Yes / No)**                      **Steps**

**Strength Training**                      **(Yes / No)**

**Energy Level:**                      **Low / Moderate / High**

**Appetite Level:**                      **Low / Moderate / High**

**Notes:**

**How did my body feel today?**

**Strength workout**

**Protein at each meal**

**Hydration goal**

# Daily Muscle Protection Habits

- Ate protein with each meal**
- Completed resistance training**
- Stayed hydrated**
- Walked or moved today**

# Daily Tracking

**Date**

**GLP-1 Dose**

**Protein Intake:                      Low / Moderate / High**

**Water Intake**

**Movement / Steps                      (Yes / No)                      Steps**

**Strength Training                      (Yes / No)**

**Energy Level:                      Low / Moderate / High**

**Appetite Level:                      Low / Moderate / High**

**Notes:**

**How did my body feel today?**

**Strength workout**

**Protein at each meal**

**Hydration goal**

# Daily Muscle Protection Habits

- Ate protein with each meal**
- Completed resistance training**
- Stayed hydrated**
- Walked or moved today**

# Weekly Reflection

How did my energy change this week?

Did my strength improve?

Did I maintain muscle while losing weight?

What adjustments should I make next week?

# Weekly Check-In

Week 3

**Week of:**

**Weight**

**Waist Measurement**

**Energy Level This Week:**

**Low / Moderate / High**

**Sleep Quality:**

**Poor / Fair / Good**

**Strength or Resistance Workouts Completed:**

**0   1   2   3   4+**

**Notes**

# Daily Tracking

**Date**

**GLP-1 Dose**

**Protein Intake:**                      **Low / Moderate / High**

**Water Intake**

**Movement / Steps**                      **(Yes / No)**                      **Steps**

**Strength Training**                      **(Yes / No)**

**Energy Level:**                      **Low / Moderate / High**

**Appetite Level:**                      **Low / Moderate / High**

**Notes:**

**How did my body feel today?**

**Strength workout**

**Protein at each meal**

**Hydration goal**

# Daily Muscle Protection Habits

- Ate protein with each meal**
- Completed resistance training**
- Stayed hydrated**
- Walked or moved today**

# Daily Tracking

**Date**

**GLP-1 Dose**

**Protein Intake:**                      **Low / Moderate / High**

**Water Intake**

**Movement / Steps**                      **(Yes / No)**                      **Steps**

**Strength Training**                      **(Yes / No)**

**Energy Level:**                      **Low / Moderate / High**

**Appetite Level:**                      **Low / Moderate / High**

**Notes:**

**How did my body feel today?**

**Strength workout**

**Protein at each meal**

**Hydration goal**

# Daily Muscle Protection Habits

- Ate protein with each meal**
- Completed resistance training**
- Stayed hydrated**
- Walked or moved today**

# Daily Tracking

**Date**

**GLP-1 Dose**

**Protein Intake:**                      **Low / Moderate / High**

**Water Intake**

**Movement / Steps**                      **(Yes / No)**                      **Steps**

**Strength Training**                      **(Yes / No)**

**Energy Level:**                      **Low / Moderate / High**

**Appetite Level:**                      **Low / Moderate / High**

**Notes:**

**How did my body feel today?**

**Strength workout**

**Protein at each meal**

**Hydration goal**

# Daily Muscle Protection Habits

- Ate protein with each meal**
- Completed resistance training**
- Stayed hydrated**
- Walked or moved today**

# Daily Tracking

**Date**

**GLP-1 Dose**

**Protein Intake:                      Low / Moderate / High**

**Water Intake**

**Movement / Steps                      (Yes / No)                      Steps**

**Strength Training                      (Yes / No)**

**Energy Level:                      Low / Moderate / High**

**Appetite Level:                      Low / Moderate / High**

**Notes:**

**How did my body feel today?**

**Strength workout**

**Protein at each meal**

**Hydration goal**

# Daily Muscle Protection Habits

- Ate protein with each meal**
- Completed resistance training**
- Stayed hydrated**
- Walked or moved today**

# Daily Tracking

**Date**

**GLP-1 Dose**

**Protein Intake:**                      **Low / Moderate / High**

**Water Intake**

**Movement / Steps**                      **(Yes / No)**                      **Steps**

**Strength Training**                      **(Yes / No)**

**Energy Level:**                      **Low / Moderate / High**

**Appetite Level:**                      **Low / Moderate / High**

**Notes:**

**How did my body feel today?**

**Strength workout**

**Protein at each meal**

**Hydration goal**

# Daily Muscle Protection Habits

- Ate protein with each meal**
- Completed resistance training**
- Stayed hydrated**
- Walked or moved today**

# Daily Tracking

**Date**

**GLP-1 Dose**

**Protein Intake:**                      **Low / Moderate / High**

**Water Intake**

**Movement / Steps**                      **(Yes / No)**                      **Steps**

**Strength Training**                      **(Yes / No)**

**Energy Level:**                      **Low / Moderate / High**

**Appetite Level:**                      **Low / Moderate / High**

**Notes:**

**How did my body feel today?**

**Strength workout**

**Protein at each meal**

**Hydration goal**

# Daily Muscle Protection Habits

- Ate protein with each meal**
- Completed resistance training**
- Stayed hydrated**
- Walked or moved today**

# Daily Tracking

**Date**

**GLP-1 Dose**

**Protein Intake:                      Low / Moderate / High**

**Water Intake**

**Movement / Steps                      (Yes / No)                      Steps**

**Strength Training                      (Yes / No)**

**Energy Level:                      Low / Moderate / High**

**Appetite Level:                      Low / Moderate / High**

**Notes:**

**How did my body feel today?**

**Strength workout**

**Protein at each meal**

**Hydration goal**

# Daily Muscle Protection Habits

- Ate protein with each meal**
- Completed resistance training**
- Stayed hydrated**
- Walked or moved today**

# Weekly Reflection

How did my energy change this week?

Did my strength improve?

Did I maintain muscle while losing weight?

What adjustments should I make next week?

# Weekly Check-In

Week 4

**Week of:**

**Weight**

**Waist Measurement**

**Energy Level This Week:**  
**Low / Moderate / High**

**Sleep Quality:**  
**Poor / Fair / Good**

**Strength or Resistance Workouts Completed:**  
**0   1   2   3   4+**

**Notes**

# Daily Tracking

**Date**

**GLP-1 Dose**

**Protein Intake:                      Low / Moderate / High**

**Water Intake**

**Movement / Steps                      (Yes / No)                      Steps**

**Strength Training                      (Yes / No)**

**Energy Level:                      Low / Moderate / High**

**Appetite Level:                      Low / Moderate / High**

**Notes:**

**How did my body feel today?**

**Strength workout**

**Protein at each meal**

**Hydration goal**

# Daily Muscle Protection Habits

- Ate protein with each meal**
- Completed resistance training**
- Stayed hydrated**
- Walked or moved today**

# Daily Tracking

**Date**

**GLP-1 Dose**

**Protein Intake:**                      **Low / Moderate / High**

**Water Intake**

**Movement / Steps**                      **(Yes / No)**                      **Steps**

**Strength Training**                      **(Yes / No)**

**Energy Level:**                      **Low / Moderate / High**

**Appetite Level:**                      **Low / Moderate / High**

**Notes:**

**How did my body feel today?**

**Strength workout**

**Protein at each meal**

**Hydration goal**

# Daily Muscle Protection Habits

- Ate protein with each meal**
- Completed resistance training**
- Stayed hydrated**
- Walked or moved today**

# Daily Tracking

**Date**

**GLP-1 Dose**

**Protein Intake:                      Low / Moderate / High**

**Water Intake**

**Movement / Steps                      (Yes / No)                      Steps**

**Strength Training                      (Yes / No)**

**Energy Level:                      Low / Moderate / High**

**Appetite Level:                      Low / Moderate / High**

**Notes:**

**How did my body feel today?**

**Strength workout**

**Protein at each meal**

**Hydration goal**

# Daily Muscle Protection Habits

- Ate protein with each meal**
- Completed resistance training**
- Stayed hydrated**
- Walked or moved today**

# Daily Tracking

**Date**

**GLP-1 Dose**

**Protein Intake:**                      **Low / Moderate / High**

**Water Intake**

**Movement / Steps**                      **(Yes / No)**                      **Steps**

**Strength Training**                      **(Yes / No)**

**Energy Level:**                      **Low / Moderate / High**

**Appetite Level:**                      **Low / Moderate / High**

**Notes:**

**How did my body feel today?**

**Strength workout**

**Protein at each meal**

**Hydration goal**

# Daily Muscle Protection Habits

- Ate protein with each meal**
- Completed resistance training**
- Stayed hydrated**
- Walked or moved today**

# Daily Tracking

**Date**

**GLP-1 Dose**

**Protein Intake:                      Low / Moderate / High**

**Water Intake**

**Movement / Steps                      (Yes / No)                      Steps**

**Strength Training                      (Yes / No)**

**Energy Level:                      Low / Moderate / High**

**Appetite Level:                      Low / Moderate / High**

**Notes:**

**How did my body feel today?**

**Strength workout**

**Protein at each meal**

**Hydration goal**

# Daily Muscle Protection Habits

- Ate protein with each meal**
- Completed resistance training**
- Stayed hydrated**
- Walked or moved today**

# Daily Tracking

**Date**

**GLP-1 Dose**

**Protein Intake:                      Low / Moderate / High**

**Water Intake**

**Movement / Steps                      (Yes / No)                      Steps**

**Strength Training                      (Yes / No)**

**Energy Level:                      Low / Moderate / High**

**Appetite Level:                      Low / Moderate / High**

**Notes:**

**How did my body feel today?**

**Strength workout**

**Protein at each meal**

**Hydration goal**

# Daily Muscle Protection Habits

- Ate protein with each meal**
- Completed resistance training**
- Stayed hydrated**
- Walked or moved today**

# Daily Tracking

**Date**

**GLP-1 Dose**

**Protein Intake:                      Low / Moderate / High**

**Water Intake**

**Movement / Steps                      (Yes / No)                      Steps**

**Strength Training                      (Yes / No)**

**Energy Level:                      Low / Moderate / High**

**Appetite Level:                      Low / Moderate / High**

**Notes:**

**How did my body feel today?**

**Strength workout**

**Protein at each meal**

**Hydration goal**

# Daily Muscle Protection Habits

- Ate protein with each meal**
- Completed resistance training**
- Stayed hydrated**
- Walked or moved today**

# Weekly Reflection

How did my energy change this week?

Did my strength improve?

Did I maintain muscle while losing weight?

What adjustments should I make next week?

# Month-End Check-In

## Month-End Progress Review

Month of: \_\_\_\_\_

Starting Weight (Week 1):

Ending Weight (Week 4):

Change Over the Month:

## Body Awareness

How did your energy levels change this month?

How did your strength or movement habits change?

Did you feel that you maintained muscle while losing weight?

## Month-End Check-In

### Habit Review

Which habits became easier this month?

- Eating protein with meals
- Drinking enough water
- Strength training
- Daily movement
- Tracking consistently

Other habits noticed:

What is one habit you want to improve next month?

### Progress Reminder

Healthy weight loss during GLP-1 therapy is not only about the number on the scale.

Supporting muscle, metabolism, energy, and long-term habits are equally important markers of progress.

Small consistent habits often lead to the most sustainable results over time.

# Monthly Reflection

How did my energy change this month?

Did my strength improve?

Did I maintain muscle while losing weight?

What adjustments should I make next month?

What habits improved this month?

# You Did It

**You showed up for yourself this month.**

You paid attention.

You made intentional choices.

You built habits that support your body, not fight against it.

You supported your muscle.

You nurtured your metabolism.

You created a foundation your body can continue to build on.

Progress is not only measured by the scale.

It is reflected in your consistency, your awareness, and the way you care for yourself.

Small, steady habits create lasting change.

Carry this with you into the next month.

You are building something that will support you long-term.

Congratulations

Keep going. You're building something that lasts

— Her Midlife Wellness

# Notes

# Health Disclaimer

The information provided in this tracker is for educational and informational purposes only and is not intended as medical advice. It should not be used as a substitute for professional medical guidance, diagnosis, or treatment.

GLP-1 medications and weight-management strategies can affect individuals differently. Always consult with a qualified healthcare provider before making changes to your medications, diet, exercise routine, or health practices.

Her Midlife Wellness Help provides research-informed educational resources to help women better understand midlife health, but individual medical decisions should always be made with the guidance of a licensed healthcare professional.