GLP-1 METABOLIC RESULTS CHECK

Atwo-minutechecktosee whetheryourcurrent weight-loss plan is supporting your strength, energy and long-term results.

NOT A DIET. NOT A MEDICATION PLAN.
A practical coaching screen for women who want to lose weight without losing sight of muscle, function and sustainable habits.

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START HERE

How to use this check

Rateeachstatementbasedonwhathasbeentrueforyouduring the last two weeks.

0 NOT YET
This is rarely or never true right now.

1 SOMETIMES
This is inconsistent or depends on the day.

2 CONSISTENTLY
This is true most days or most weeks.

YOUR SCORE IS INFORMATION - NOT A GRADE

Answer honestly. This is not a diagnosis or a clinical assessment. It is designed to reveal coaching gaps you may want to address with your trainer, dietitian or prescribing clinician.

IMPORTANT

Do not change your medication, dose or medical treatment based on this guide. Contact your prescriber about side effects, difficulty eating or drinking, or any medical concern. Seek urgent care for severe or rapidly worsening symptoms.

PART 1

Fuel + strength

Circle 0, 1 or 2 for each statement.

1	I regularly build meals or snacks around a meaningful source of protein.	0 1 2
2	Even with a lower appetite, I have a workable plan for getting enough nourishment across the day.	0 1 2
3	I complete structured strength training at least twice most weeks.	0 1 2
4	My training matches my current ability, recovery and available equipment.	0 1 2
5	I track at least one measure of performance, such as reps, load, technique or exercise consistency.	0 1 2

PART 1 SUBTOTAL

_____ / 10

PART 2

Recovery + results

Circle 0, 1 or 2 for each statement.

6	My strength and daily function feel stable or are improving overall.	0	1	2
7	I usually have enough energy to handle daily life and complete my planned workouts.	0	1	2
8	I have repeatable hydration, sleep and recovery habits that support my training.	0	1	2
9	I evaluate progress using more than scale weight - such as strength, measurements, energy or consistency.	0	1	2
10	I know what I will do during a plateau and how I will eventually maintain my results.	0	1	2

PART 2 SUBTOTAL

_____ / 10

YOUR RESULT

What your score may be showing

Add both subtotals. This is a coaching screen, not a validated medical score.

TOTAL SCORE _____ / 20

0-7

YOUR PLAN NEEDS MORE SUPPORT

You may be losing weight without a dependable structure for fueling, strength or recovery. Start by choosing one repeatable protein habit and two realistic strength sessions each week.

8-14

YOU HAVE A BASE - BUT GAPS REMAIN

Some pieces are working, but inconsistency may be limiting your energy, strength or confidence. Your lowest-scoring section is the best place to focus first.

15-20

YOU HAVE A STRONG FOUNDATION

You are supporting more than scale loss. Keep monitoring strength, recovery and consistency so your plan can adapt as your body and goals change.

NEXT STEP

Turn your score into a plan

Yourlowestnumbertellsuswheretobegin - notwhereyoufailed.

1 **Circle your two lowest-scoring statements.**

2 **Choose one small action you can repeat this week.**

3 **Get help connecting your nutrition, training and recovery into one realistic plan.**

WANT A PERSONALIZED NEXT STEP?

Send me your score and the word CHECK. I will help you identify the biggest gap in your current plan and explain whether a full Metabolic Assessment would make sense for you.

DM: CHECK + YOUR SCORE

No pressure. Just a clearer place to start.

This resource provides general fitness education and is not medical or nutrition treatment. Continue working with your prescribing clinician and qualified healthcare professionals.

EVIDENCE NOTE

Why this check focuses on muscle + function

Body weight alone cannot show the quality of weight lost or whether strength and function are being maintained. Current evidence supports pairing weight-loss treatment with appropriate nutrition support, resistance training and broader progress monitoring.

SELECTED READING

1 Nutritional priorities to support GLP-1 therapy for obesity: a joint advisory from the American College of Lifestyle Medicine, American Society for Nutrition, Obesity Medicine Association and The Obesity Society (2026).

2 Incretin-Based Weight Loss Pharmacotherapy: Can Resistance Exercise Optimize Changes in Body Composition? Medicine & Science in Sports & Exercise (2024). PMID: 38687506.

3 Effect of GLP-1 receptor agonists and co-agonists on body composition: systematic review and network meta-analysis (2025). PMID: 39719170.

A NOTE FROM TORI

You do not need to train like a powerlifter to benefit from strength training. You need a plan that respects where you are now and helps you build from there.