

STALL TROUBLESHOOTING TOOL

The 7-Day Reality-Check Checklist

When the scale stalls on your GLP-1 journey, the answer usually isn't the medication — it's what happened in the week behind you. Before you panic or call your doctor, spend five honest minutes with this self-audit. Check off what's true, circle what needs work, and use it to figure out your next move.



Go through each box below and check it only if it's genuinely true for the **last 7 days** — not your best day, not your intention. This works best done in one sitting, with your coffee, before you open the fridge.



What You're Taking In

- ☐ **Protein baseline** — Am I actually hitting at least 100g of protein daily, or am I estimating and hoping?
- ☐ **Fiber intake** — Am I getting adequate fiber (25g+), or has that quietly fallen off?
- ☐ **Tracking vs. guessing** — Am I logging food accurately, or estimating based on how "good" I felt that day?
- ☐ **Liquid calories** — Did I have alcohol or sugary coffee drinks this week, and how much?
- ☐ **Mindless bites** — Be honest: were there any grazing, tasting, or "it doesn't count" bites at the counter?



Water and Sleep

- ☐ **Daily hydration** — How much water did I actually drink each day (aiming for 64–80+ oz)?
- ☐ **Restful sleep** — How many hours of real sleep did I get on average this week?



Movement & Exercise

- ☐ **Structured workouts** — How many days did I complete planned exercise versus "intending" to?
- ☐ **Daily steps** — Was non-exercise movement consistent, or did I have intense days followed by multi-day desk marathons?
- ☐ **Strength training** — Have I included resistance/strength training, or has it been purely cardio/sedentary?

PART TWO

⚡ Life Stuff That Quietly Derails Progress

- ☐ **Stress levels** — Was I under more acute or chronic stress than usual?
- ☐ **Body shifts** — Any new medications, hormonal changes, or poor sleep from travel and life circumstances?

IN MY OWN WORDS

If I'm honest with myself, the biggest thing that shifted this week was...

What Your Answers Are Telling You

A stall almost never means the medication stopped working. It usually means one or two of the boxes above quietly slipped. Here's how to read your results:

Mostly Checked

Your habits are solid. Stalls happen — give it 1–2 more weeks before changing anything.

A Few Gaps

You've found your lever. Fix the unchecked boxes first before assuming the dose needs to change.

Several Unchecked

Totally normal — life happens. Pick your top 3 below and rebuild from there, not all at once.

MY TOP 3 FOCUS AREAS FOR NEXT WEEK

1

2

3

This checklist is a self-reflection tool, not medical advice. If your stall lasts more than 3–4 weeks despite consistent habits, that's a good time to check in with your prescriber.