

GLP-1 Muscle Preservation Checklist

A companion to “How Much Protein Do You Need on Wegovy, Zepbound, or Other GLP-1 Medications?”

Use this checklist to prepare for a conversation with a qualified healthcare professional. Check what applies and note your questions.

PROTEIN DISCUSSION

- ☐ Ask whether my protein intake is adequate during weight loss.
- ☐ Discuss a protein range appropriate for my age, health, activity, appetite, and body composition. The commonly discussed 1.2–1.6 g/kg/day range comes from a 2025 multisociety clinical advisory and indirect evidence—not a dedicated GLP-1 protein-dose trial—and is not a universal prescription.
- ☐ Ask whether protein should be calculated using an appropriate reference weight, such as ideal or adjusted body weight, or fat-free mass, rather than automatically using my current body weight.
- ☐ Include a meaningful protein source across meals when practical. Exact per-meal targets are not firmly established.

MOVEMENT AND STRENGTH

- ☐ Ask how to begin or progress resistance training safely, using weights, machines, bands, or appropriately challenging body-weight exercises.
- ☐ Progress gradually and adapt exercise for my fitness, balance, joint health, heart health, and previous experience.
- ☐ Track function—not just scale weight. Possible markers include:
 - ☐ Ability to rise from a chair
 - ☐ Walking or stair tolerance
 - ☐ Balance and daily activities
 - ☐ Training performance or perceived strength
 - ☐ Unusual fatigue or weakness

APPETITE AND INTAKE CHECK

- ☐ Tell my clinician or dietitian if nausea, vomiting, early fullness, or poor appetite makes it difficult to eat or drink adequately.
- ☐ Seek guidance if I notice persistent weakness, marked fatigue, dizziness, dehydration, or unintended difficulty maintaining nutrition.
- ☐ Avoid treating protein drinks, supplements, or a high-protein target as a substitute for a varied diet, adequate fluids, or resistance training.

GET INDIVIDUALIZED GUIDANCE FIRST IF I HAVE

- ☐ Chronic kidney disease, dialysis, or abnormal kidney tests
- ☐ Advanced liver disease
- ☐ Frailty, low muscle strength, or significant unintended weight loss
- ☐ Pregnancy or breastfeeding
- ☐ An eating disorder or history of disordered eating
- ☐ Severe gastrointestinal symptoms, swallowing problems, or difficulty meeting calorie and nutrient needs

QUESTIONS FOR MY CLINICIAN OR DIETITIAN

1. What protein range is appropriate for me, and what reference weight should be used?
2. How can I protect strength and function while losing weight?
3. What resistance-training plan is safe for my current health and fitness?
4. What symptoms or changes should prompt follow-up?
5. Do my kidney, liver, medication, or other health conditions change the advice?
6. Should my strength, function, diet, or body composition be monitored—and how?

IMPORTANT NOTE

This checklist is for general education and is not individualized medical advice. Protein needs and exercise safety vary. If you have kidney disease, significant medical conditions, or concerning symptoms, talk with a qualified healthcare professional before making major diet or exercise changes.