



7
DAY

GLP-1 PLATEAU RESET

REALIGN YOUR HABITS,
RESET YOUR ROUTINE, AND
MOVE FORWARD WITH CLARITY.



DISCLAIMER

This guide is intended for educational and informational purposes only. It is designed to support general awareness, habit-building, and lifestyle consistency while using GLP-1 medications. It is not intended to diagnose, treat, cure, or prevent any medical condition.

This resource is not a substitute for medical advice, diagnosis, or treatment. Always consult with a qualified healthcare provider regarding any questions or concerns about your health, medications, or treatment plan.

Individual needs, responses, and results may vary. The strategies in this guide are general recommendations and may not be appropriate for everyone. By using this guide, you acknowledge that you are responsible for your own health decisions and outcomes.

IMPORTANT

Do not make changes to your medication without consulting your provider

Seek medical guidance for ongoing or severe symptoms

Use this guide as a supportive tool—not a replacement for care

WELCOME TO YOUR



7-DAY GLP-1 PLATEAU BREAKTHROUGH

If you feel like your progress has slowed or stalled—you're not alone. Plateaus are a normal part of the process, especially with GLP-1 medications. They often happen when habits shift, consistency changes, or your body needs a new level of support.

This reset is designed to help you realign your habits, rebuild consistency, and move forward with more clarity and confidence.

This is not about doing more or being more restrictive. It's about stepping back, simplifying your approach, and focusing on the habits that support your body most.

Each day will guide you through one focused adjustment to help you reconnect with your routine and identify what may be holding you back.

With support and intention,

Kristi Sawicki, PhD

UNDERSTANDING GLP-1 PLATEAUS

COMMON REASONS FOR A PLATEAU

7-DAY GLP-1
PLATEAU
RESET

A plateau doesn't mean something is wrong—it means something needs to be adjusted. As your body adapts to GLP-1 medications and your current routine, progress can slow when habits become inconsistent, portions shift, or your body needs a different level of support. This is a normal part of the process.

COMMON REASONS FOR A PLATEAU



INCONSISTENT EATING

Skipping meals or eating too little can reduce energy and slow progress.



LOW PROTEIN INTAKE

Protein supports muscle and metabolism. Too little can impact how your body functions.



A PLATEAU IS NOT FAILURE—IT'S FEEDBACK.



ROUTINE DRIFT

Habits may become less consistent over time without you realizing it.



LOW HYDRATION

Dehydration can affect energy, appetite, and overall body function.



UNDER-SUPPORTING YOUR BODY

Eating too little or not meeting your needs can lead to fatigue and stalled progress.

WHAT THIS RESET WILL DO

- Help you identify what may be off
- Restore consistency without overwhelm
- Guide you back to simple, supportive habits
- Help you move forward with clarity

WHY THIS RESET WORKS

7-DAY GLP-1
PLATEAU
RESET



When progress slows, the instinct is often to do more, restrict more, or push harder. But plateaus are rarely solved by adding more—they're solved by adjusting what's already in place.

This reset focuses on simplifying your routine and returning to the habits that support your body most. Small gaps in consistency can have a big impact over time. Rebuilding those foundations helps restore balance and forward movement.



AWARENESS

Identifying what has shifted or become inconsistent



RE-ALIGNMENT

Returning to simple, supportive habits



CONSISTENCY

Repeating what works instead of constantly changing your approach



BODY SUPPORT

Ensuring your body is nourished, hydrated, and supported

WHAT YOU CAN EXPECT

- More clarity around your habits
- Improved consistency
- Better energy and routine stability
- A clear path forward

Progress resumes when your habits realign.

HOW TO USE THIS RESET

A SIMPLE GUIDE TO GETTING THE MOST OUT OF YOUR CHALLENGE

7-DAY GLP-1
PLATEAU
RESET

This reset is designed to help you identify what may be holding you back and guide you back to simple, supportive habits. Each day focuses on one key adjustment to help you rebuild consistency and better support your body.

HOW TO APPROACH THIS RESET

- Focus on one adjustment each day
- Keep your actions simple and realistic
- Use the check-ins to build awareness
- Notice what feels supportive—and what doesn't
- Return to what works

HOW TO APPROACH THIS RESET

Alongside Coaching Sessions: Use your reflections to guide conversations, identify patterns, and support personalized next steps.

On Your Own: Move one day at a time or at a slower pace if needed. The goal is clarity and consistency—not speed.

TIPS FOR SUCCESS



Keep your
routine simple



Avoid trying to
change everything at
once



Avoid trying to
change everything
at once



Use this as a
reset—not a
restart

**CLARITY LEADS TO BETTER DECISIONS—
USE THIS SPACE TO NOTICE PATTERNS AND ADJUST WITH INTENTION.**



7-DAY RESET TRACKER

7-DAY GLP-1
PLATEAU
RESET

Track your daily adjustments to rebuild consistency and identify what supports your progress.
Use this tracker to stay focused, reflect on your habits, and move forward with clarity.

DAY	RESET FOCUS	DONE?
1	Audit your current habits	☐
2	Rebuild protein consistency	☐
3	Correct under-eating	☐
4	Reset hydration	☐
5	Rebuild routine & timing	☐
6	Adjust movement & energy	☐
7	Simplify & recommit	☐



CONSISTENCY REVEALS WHAT WORKS.
Use this tracker to guide your reset.
Repeat this reset anytime you feel stuck or off track.

RESET PREP & SETUP

7-DAY GLP-1
PLATEAU
RESET

Preparing ahead of time helps you identify what may be off and makes it easier to return to consistency.
This reset is about simplifying your routine—not adding more.

CREATE A SUPPORTIVE ENVIRONMENT

- ☐ Keep meals simple and easy to prepare
- ☐ Set aside time to eat without rushing
- ☐ Keep this workbook visible as a reminder
- ☐ Reduce distractions during meals

SET YOUR SUPPORT SYSTEMS

- ☐ Share your reset goal with a coach or accountability partner
- ☐ Schedule short daily check-ins
- ☐ Focus on consistency over perfection
- ☐ Set a simple daily check-in (even 5 minutes)

GATHER SUPPORTIVE TOOLS

- ☐ Protein-rich foods or simple meal options
- ☐ Water bottle or hydration tracker
- ☐ Journal or workbook
- ☐ Comfortable clothing
- ☐ Easy-to-access snacks or meals

REDUCE COMMON GAPS

- ☐ Avoid long gaps without eating
- ☐ Minimize skipping meals due to low appetite
- ☐ Slow down when eating
- ☐ Avoid multitasking during meals
- ☐ Plan simple meals ahead of time

Preparation creates clarity—and clarity supports progress.

SUPPORTIVE NUTRITION RESET GUIDE

7-DAY GLP-1
PLATEAU
RESET

Use this as a simple reference during your reset to support consistent intake and nourishment.



PROTEIN OPTIONS

- Eggs
- Greek yogurt
- Chicken or turkey
- Fish
- Protein shakes or smoothies
- Cottage cheese



EASY ADD-INS

- Nut butters
- Cheese
- Avocado
- Olive oil
- Nuts or seeds



SIMPLE CARBOHYDRATES

- Rice
- Potatoes
- Oats
- Bread or wraps
- Fruit



HYDRATION SUPPORT

- Water
- Electrolytes
- Herbal tea

KEEP THIS SIMPLE

- Focus on consistency over variety
- Choose foods you can repeat
- Avoid overcomplicating meals
- Support your body with regular intake

WHEN TO USE THIS

- You're unsure what to eat
- Your appetite is low
- You need simple, reliable options
- You want to support consistency



Consistent, supportive choices help restore progress.



BASELINE RESET CHECK-IN

BEFORE THE RESET

7-DAY GLP-1
PLATEAU
RESET

Before making changes, take a moment to assess where things currently stand.
This helps you identify what may be contributing to your plateau and creates a clear starting point for your reset.

CHECK-IN: WHAT I'M NOTICING RIGHT NOW

ENERGY LEVEL	☐ Low ☐ Moderate ☐ High
APPETITE	☐ Very low ☐ Low ☐ Balanced ☐ High
HYDRATION	☐ Low ☐ Moderate ☐ Consistent
EATING CONSISTENCY	☐ Very inconsistent ☐ Somewhat inconsistent ☐ Consistent
SIDE EFFECTS	☐ None ☐ Mild ☐ Moderate ☐ Significant
OVERALL ROUTINE	☐ Off track ☐ Somewhat consistent ☐ Consistent



PROGRESS SCALE

AREA	RATING
ENERGY:	/10
APPETITE AWARENESS:	/10
HYDRATION:	/10
CONSISTENCY:	/10

CURRENT HABITS

- ☐ Not prioritizing protein
- ☐ Inconsistent hydration
- ☐ Irregular eating schedule
- ☐ Skipping meals or eating too little
- ☐ Low or inconsistent movement
- ☐ Losing structure in my routine
- ☐ Other: _____

REFLECTION

Where do I feel most inconsistent right now?

What feels off or out of alignment in my routine?

YOUR GOALS FOR THIS RESET

BEFORE THE RESET

7-DAY GLP-1
PLATEAU
RESET

Before moving forward, take a moment to identify what you want to adjust, improve, or realign.
This reset is about clarity—not doing more.

WHAT I WANT TO IMPROVE

- ☐ Rebuild consistency
- ☐ Eat more regularly
- ☐ Stay better hydrated
- ☐ Improve energy levels
- ☐ Re-establish a routine
- ☐ Feel more in control of my habits
- ☐ Other: _____

WHAT FEELS MOST OUT OF ALIGNMENT

MY TOP 3 RESET GOALS

Before diving in, take a moment to set your intentions for this reset. What do you hope to achieve? How do you want to feel by the end of this process?

- 1 _____
- 2 _____
- 3 _____

Setting your intentions will guide your focus and keep you motivated as you work through each day of the reset.

WHAT WILL I FOCUS ON FIRST

(Examples: slowing down at meals, staying hydrated, gentle movement, stress support)

BUILD YOUR RESET ROUTINE

BEFORE THE RESET

7-DAY GLP-1
PLATEAU
RESET

Use this page to simplify your approach and focus on the habits that will help you move forward.
This is not about doing more—it's about doing what works consistently.

MY CORE HABITS: CHOOSE 2–4 HABITS TO FOCUS ON

- ☐ Eating consistently
- ☐ Improving hydration
- ☐ Gentle movement
- ☐ Increasing protein
- ☐ Rebuilding a routine
- ☐ Slowing down when eating
- ☐ Other: _____

MY DAILY STRUCTURE

DAY	FOCUS
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

KEEPING THIS SIMPLE

What will help me stay consistent:

What might get in the way:

How I will adjust:

Consistency comes from doing what works—again and again.

AUDIT YOUR CURRENT HABITS

DAY 1
7-DAY GLP-1
PLATEAU RESET

DAILY FOCUS: AUDIT YOUR CURRENT HABITS



HEALTH GOAL: Build awareness of inconsistencies and gaps in your routine

WHY THIS MATTERS: Plateaus often happen when small habits shift over time. You may not notice changes in consistency, portion size, or routine until progress slows. Before making adjustments, it's important to clearly identify what has changed.

TODAY'S PRACTICE: Today, focus on one of the following:

- ☐ Review your recent eating patterns
- ☐ Identify where consistency has slipped
- ☐ Notice gaps in protein, hydration, or routine

Optional Support: *Keep this simple—awareness is the goal, not perfection.*

WHEN TO USE THIS: You feel stuck or unsure why progress has slowed, Your routine feels inconsistent, or you need clarity before making changes

DAILY CHECK-IN

AWARENESS	☐ Low ☐ Moderate ☐ Clear
CONSISTENCY	☐ Very inconsistent ☐ Somewhat inconsistent ☐ Consistent
ENERGY	☐ Low ☐ Medium ☐ High
ROUTINE CLARITY	☐ Low ☐ Medium ☐ High
EFFORT SCALE	☐ Very difficult ☐ Somewhat Difficult ☐ Mostly Easy ☐ Easy



AWARENESS FIRST.

What has shifted in my routine that may be contributing to this plateau?

REFLECTION QUESTION

What has shifted in my routine that may be contributing to this plateau?

REBUILD PROTEIN CONSISTENCY

DAY 2
7-DAY GLP-1
PLATEAU RESET

DAILY FOCUS: RE-ESTABLISH PROTEIN INTAKE



HEALTH GOAL: Support muscle, metabolism, and energy through consistent protein.

WHY THIS MATTERS: Over time, protein intake can unintentionally decrease—especially with reduced appetite. This can impact energy, muscle support, and overall progress. Re-establishing protein consistency helps your body feel more supported and stable.

TODAY'S PRACTICE: Today, focus on one of the following:

- ☐ Add a protein source to at least one meal
- ☐ Include a protein-rich snack
- ☐ Start your meal with protein first

Optional Support: Keep protein simple—consistency matters more than variety.

- **WHEN TO USE THIS:** You've been eating less overall, meals feel too small or incomplete, or your energy feels low or inconsistent.

DAILY CHECK-IN

PROTEIN INTAKE	☐ Low ☐ Moderate ☐ Consistent
ENERGY	☐ Low ☐ Medium ☐ High
SATISFACTION AFTER EATING	☐ Low ☐ Medium ☐ High
OVERALL SUPPORT	☐ Low ☐ Medium ☐ High
EFFORT SCALE	☐ Very difficult ☐ Somewhat Difficult ☐ Mostly Easy ☐ Easy



START WITH PROTEIN.

Even small amounts can support energy and prevent under-eating.

REFLECTION QUESTION

Did increasing protein change how I felt throughout the day?

CORRECT UNDER-EATING

DAY 3
7-DAY GLP-1
PLATEAU RESET

DAILY FOCUS: RE-ESTABLISH ADEQUATE INTAKE



HEALTH GOAL: Support energy, metabolism, and consistency by eating enough

WHY THIS MATTERS: When appetite is low, it's easy to eat too little without realizing it. Over time, under-eating can lead to low energy, fatigue, and stalled progress. Supporting your body with enough nourishment helps restore balance and forward movement.

TODAY'S PRACTICE: Today, focus on one of the following:

- ☐ Eat at least 2–3 times today
- ☐ Add a small meal or snack if intake has been low
- ☐ Check in with your body and eat even if appetite is low

Optional Support: Start small—even a few bites can help your body feel more supported.

WHEN TO USE THIS: You've been eating very little, your energy feels low or inconsistent, you're skipping meals due to low appetite

DAILY CHECK-IN

FOOD INTAKE	☐ Too low ☐ Slightly low ☐ Adequate
ENERGY	☐ Low ☐ Medium ☐ High
FATIGUE	☐ Low ☐ Medium ☐ High
SATISFACTION AFTER EATING	☐ Low ☐ Medium ☐ High
EFFORT SCALE	☐ Very difficult ☐ Somewhat Difficult ☐ Mostly Easy ☐ Easy



MORE ISN'T THE PROBLEM— IMBALANCE IS.

Supporting your body consistently
helps restore progress.

REFLECTION QUESTION

Did increasing my intake change how I felt today?

DAILY FOCUS: REBUILD HYDRATION CONSISTENCY



HEALTH GOAL: Support energy, function, and overall balance through adequate hydration

WHY THIS MATTERS: Hydration often decreases without you realizing it—especially when appetite and routine shift. Low hydration can contribute to fatigue, headaches, and reduced overall function. Rebuilding hydration consistency helps your body feel more supported and stable.

TODAY'S PRACTICE: Today, focus on one of the following:

- ☐ Drink fluids consistently throughout the day
- ☐ Add a hydrating beverage (water, electrolytes, herbal tea)
- ☐ Start your day with water

Optional Support: If drinking large amounts feels difficult, take small sips throughout the day instead of all at once.

WHEN TO USE THIS: You haven't been drinking consistently, you feel fatigued or sluggish, your energy feels lower than usual.

DAILY CHECK-IN

HYDRATION	☐ Low ☐ Moderate ☐ Consistent
ENERGY	☐ Low ☐ Medium ☐ High
FOCUS / CLARITY	☐ Low ☐ Medium ☐ High
OVERALL COMFORT	☐ Low ☐ Medium ☐ High
EFFORT SCALE	☐ Very difficult ☐ Somewhat Difficult ☐ Mostly Easy ☐ Easy



HYDRATION FIRST.

Small, consistent intake supports energy and overall function.

REFLECTION QUESTION

Did improving hydration change how I felt today?

REBUILD ROUTINE & TIMING

DAY 5
7-DAY GLP-1
PLATEAU RESET

DAILY FOCUS: RESTORE STRUCTURE TO YOUR DAY



HEALTH GOAL: Support consistency by re-establishing a simple, predictable routine

WHY THIS MATTERS: When routines become inconsistent, it's easy to skip meals, delay eating, or lose structure throughout the day. This can lead to low energy, irregular intake, and stalled progress. Rebuilding a simple routine helps your body feel more supported and stable.

TODAY'S PRACTICE: Today, focus on one of the following:

- ☐ Eat at consistent times throughout the day
- ☐ Set a reminder to check in with your routine
- ☐ Create a simple structure for meals or snacks

Optional Support: Your routine doesn't need to be perfect—just predictable.

WHEN TO USE THIS: Your routine feels inconsistent, you're skipping or delaying meals, your day feels unstructured

DAILY CHECK-IN

ROUTINE CONSISTENCY	☐ Very inconsistent ☐ Somewhat consistent ☐ Consistent
ENERGY	☐ Low ☐ Medium ☐ High
STRUCTURE	☐ Low ☐ Medium ☐ High
EASE OF FOLLOWING ROUTINE	☐ Difficult ☐ Moderate ☐ Easy
EFFORT SCALE	☐ Very difficult ☐ Somewhat Difficult ☐ Mostly Easy ☐ Easy



STRUCTURE CREATES CONSISTENCY.

Simple routines help your body stay supported.

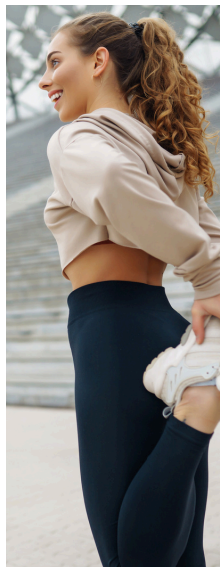
REFLECTION QUESTION

Did having more structure change how I felt today?

ADJUST MOVEMENT & ENERGY

DAY 6
7-DAY GLP-1
PLATEAU RESET

DAILY FOCUS: SUPPORT ENERGY THROUGH MOVEMENT



HEALTH GOAL: Improve circulation, energy, and overall balance without adding stress

WHY THIS MATTERS: Movement supports energy, circulation, and how your body feels day to day. During a plateau, it's not about doing more—it's about doing what supports your body consistently. Even small amounts of movement can help restore energy and momentum.

TODAY'S PRACTICE: Today, focus on one of the following:

- ☐ Take a short walk
- ☐ Add light stretching or gentle movement
- ☐ Move your body in a way that feels supportive

Optional Support: Keep it simple—movement should feel supportive, not overwhelming.

WHEN TO USE THIS: Your energy feels low, you feel sluggish, you need to reset your day

DAILY CHECK-IN

ENERGY	☐ Low ☐ Medium ☐ High
MOTIVATION	☐ Low ☐ Medium ☐ High
BODY COMFORT	☐ Low ☐ Medium ☐ High
FATIGUE	☐ Low ☐ Medium ☐ High
EFFORT SCALE	☐ Very difficult ☐ Somewhat Difficult ☐ Mostly Easy ☐ Easy



MOVE WITH PURPOSE.

Even small movement can support energy and momentum.

REFLECTION QUESTION

How did movement impact my energy or mood today?

DAILY FOCUS: CHOOSE WHAT TO CONTINUE



HEALTH GOAL: Reinforce consistency by focusing on what works

WHY THIS MATTERS: Trying to do too much can lead to inconsistency and overwhelm. Progress comes from repeating simple habits—not constantly changing your approach. This is your opportunity to simplify and move forward with clarity.

TODAY'S PRACTICE: Today, focus on one of the following:

- ☐ Choose 2–3 habits to continue
- ☐ Identify what worked best this week
- ☐ Let go of what felt overwhelming or unnecessary

Optional Support: *You don't need to keep everything—focus on what feels most supportive.*

WHEN TO USE THIS: You feel overwhelmed by too many changes, you want to simplify your approach, you're ready to move forward with clarity

DAILY CHECK-IN

CONFIDENCE	☐ Low ☐ Medium ☐ High
CLARITY	☐ Low ☐ Medium ☐ High
CONSISTENCY	☐ Low ☐ Medium ☐ High
READINESS TO CONTINUE	☐ Low ☐ Medium ☐ High
EFFORT SCALE	☐ Very difficult ☐ Somewhat Difficult ☐ Mostly Easy ☐ Easy



CHOOSE WHAT WORKED.

Simple habits, repeated consistently,
create lasting results.

REFLECTION QUESTION

What will I continue moving forward?



CONTINUE WITH CONFIDENCE

THIS RESET WAS NOT ABOUT DOING MORE—IT WAS ABOUT DOING WHAT WORKS. AS YOU MOVE FORWARD, RETURN TO THE HABITS THAT SUPPORTED YOU MOST.



FINAL CHECK-IN

AFTER THE RESET

7-DAY GLP-1
PLATEAU
RESET

Take a moment to reflect on how your body feels after completing the reset.
This helps you recognize what has improved and identify what to continue moving forward.

CHECK-IN: WHAT I'M NOTICING RIGHT NOW

ENERGY LEVEL	☐ Low ☐ Moderate ☐ High
APPETITE	☐ Very low ☐ Low ☐ Balanced ☐ High
HYDRATION	☐ Low ☐ Moderate ☐ Consistent
EATING CONSISTENCY	☐ Uncomfortable ☐ Some discomfort ☐ Comfortable
OVERALL ROUTINE	☐ None ☐ Mild ☐ Moderate ☐ Significant
OVERALL ROUTINE	☐ Off track ☐ Somewhat consistent ☐ Consistent



PROGRESS SCALE

AREA	RATING
ENERGY:	/10
APPETITE AWARENESS:	/10
HYDRATION:	/10
CONSISTENCY:	/10

CURRENT HABITS

WHICH AREAS FEEL MORE ALIGNED NOW?

- | | |
|---|---|
| ☐ Eating consistently | ☐ Moving regularly |
| ☐ Getting enough protein | ☐ Listening to hunger cues |
| ☐ Staying hydrated | ☐ Other: _____ |
| ☐ Following a routine | ☐ Other: _____ |

REFLECTION

What has improved over the past 7 days?

What feels more aligned in my routine now?

What supported me the most during this reset?

WHAT'S NEXT

AFTER THE RESET

7-DAY GLP-1
PLATEAU
RESET

You've taken the time to realign your habits and rebuild consistency.
Now the focus is simple—continue what works.

HABITS TO CONTINUE

The habits I want to keep:

1

2

3

Setting your intentions
will guide your focus and
keep you motivated as
you work through each
day of the challenge.

MY FOCUS MOVING FORWARD

What I will prioritize next:

KEEPING THIS SIMPLE

What will help me stay consistent:

MY PLAN

One small action I will continue this week:

Consistency comes from continuing what works—not starting over.

COMMON PLATEAU CHALLENGES

7-DAY GLP-1
PLATEAU
RESET

If your progress has slowed, it doesn't mean you're doing something wrong—it means something may need to be adjusted.

These are common patterns that can contribute to a plateau.



UNDER-EATING

You may be eating less than your body needs without realizing it.

Try this:

- Add a small meal or snack
- Focus on protein first
- Avoid skipping meals



LOW PROTEIN

Protein intake may have decreased over time.

Try this:

- Add protein to one meal
- Include a protein snack
- Start meals with protein



INCONSISTENT ROUTINE

Your routine may feel less structured or predictable.

Try this:

- Set consistent meal times
- Create a simple daily structure
- Use reminders to check in



LOW HYDRATION

You may not be drinking enough fluids throughout the day.

Try this:

- Sip fluids consistently
- Start your day with water
- Add electrolytes if needed



LOW ENERGY OR FATIGUE

Your body may need more support.

Try this:

- Check food intake and hydration
- Add gentle movement
- Focus on consistency

GLP-1 PLATEAU RESET TOOLBOX

7-DAY GLP-1
PLATEAU
RESET

Use these tools anytime you feel stuck, inconsistent, or unsure what to adjust.
This toolbox helps you return to simple, supportive habits that move you forward.



PROTEIN RESET

- Start meals with protein
- Keep simple protein options available
- Add a protein snack if intake is low
- Focus on consistency over variety



HYDRATION RESET

- Sip fluids throughout the day
- Start your day with water
- Add electrolytes if needed
- Keep water visible and accessible



UNDER-EATING RESET

- Add small, frequent meals
- Focus on easy-to-digest foods
- Start with a few bites and build
- Avoid skipping meals



ROUTINE RESET

- Set consistent eating times
- Create a simple daily structure
- Use reminders if needed
- Focus on 1–2 habits at a time



WHEN YOU FEEL STUCK,
RETURN TO SIMPLE
HABITS THAT SUPPORT
YOUR BODY.



ENERGY SUPPORT

- Check hydration first
- Support your body with regular intake
- Add gentle movement
- Avoid overcomplicating your routine

CONGRATULATIONS ON COMPLETING YOUR 7-DAY GLP-1 PLATEAU RESET

You've taken the time to pause, reflect, and realign your habits. That alone creates momentum.

This reset was never about doing more or being more restrictive.

It was about identifying what needed adjustment, simplifying your approach, and returning to the habits that support your body most.

AS YOU MOVE FORWARD, REMEMBER:

- Progress comes from consistency
- Small adjustments create meaningful change
- Your body gives helpful feedback when you pay attention
- You can return to this reset anytime you feel off track

KEEP MOVING FORWARD.

One simple, supportive habit at a time.

With support and encouragement,

Kristi Sawicki, Ph.D.
