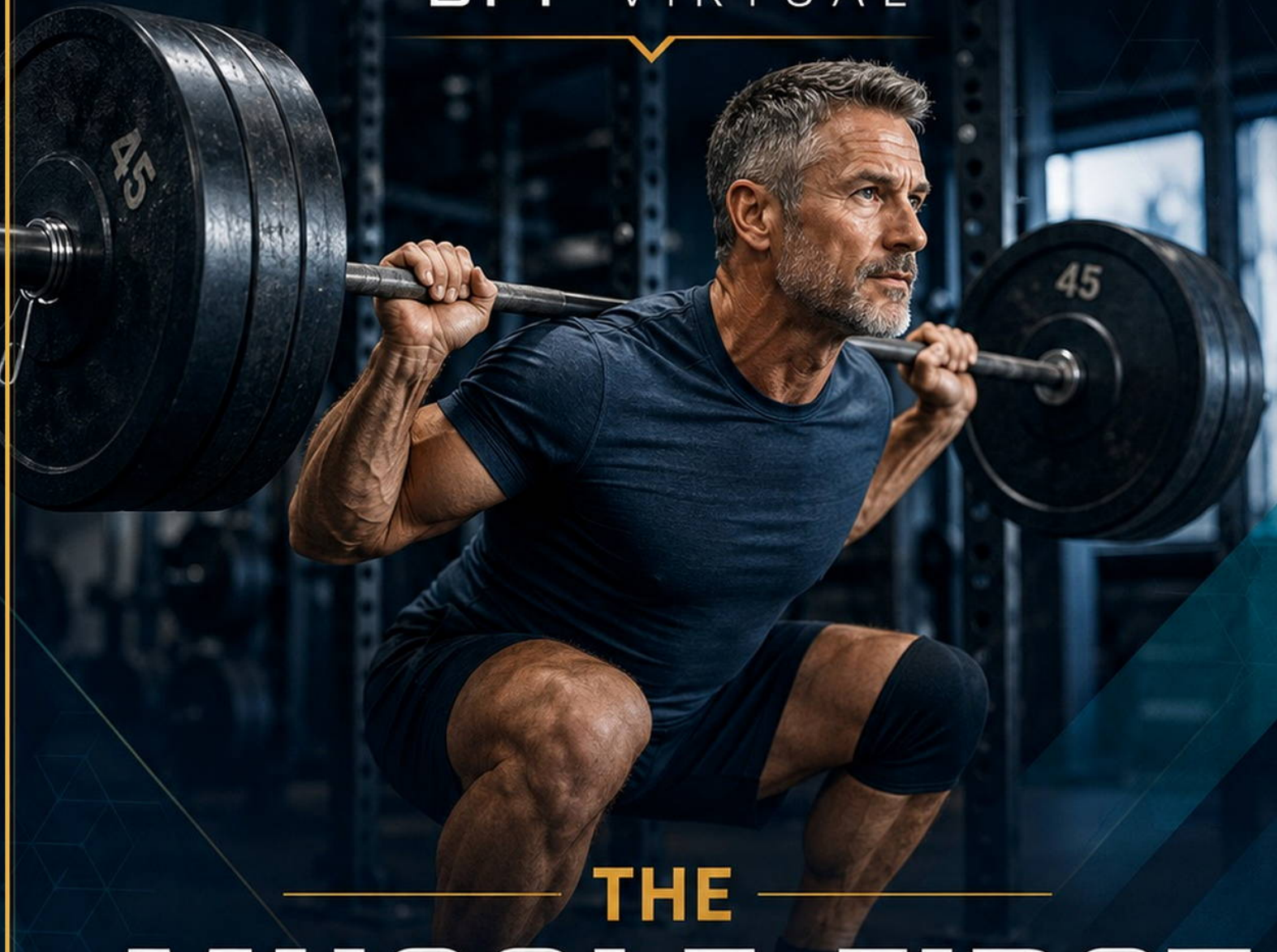


BPF VIRTUAL



THE MUSCLE-FIRST GLP-1 PROTOCOL

How to Lose Fat, Protect Your Muscle, and Safely Reach
Your Goal Weight While Taking Ozempic, Wegovy,
Mounjaro, Zepbound, or Any GLP-1 Medication



A COMPLETE NUTRITION, STRENGTH
TRAINING & MONITORING SYSTEM



BUILT TO PAIR WITH THE BPF WORKOUT PLAYER
AND BPF MACRO PLAYER

MEDICAL DISCLAIMER & HOW TO USE THIS GUIDE



PLEASE READ FIRST

- This guide is an educational resource. It is not medical advice and does not replace individualized care from the physician, nurse practitioner, or prescriber managing your GLP-1 medication.
- Nothing in this guide should be interpreted as advice to start, stop, increase, decrease, or otherwise change any prescription medication.
- Before beginning a new exercise program, changing your diet significantly, or starting a supplement, talk to your provider — especially if you have a history of heart disease, kidney disease, gallbladder disease, pancreatitis, an eating disorder, or if you are pregnant, breastfeeding, or planning pregnancy.
- Seek immediate medical care for severe or persistent vomiting, dehydration, severe abdominal pain, chest pain, allergic reaction symptoms, or any symptom that feels like an emergency.
- Results vary based on body composition, dose, adherence, genetics, sleep, stress, and other factors. This guide provides general evidence-informed principles, not a personalized prescription.

HOW TO USE THIS GUIDE

-  Read Sections **1–3** first to understand the medication and the muscle-loss risk.
-  Use the **BPF Macro Player** to set your protein target and daily macro ranges.
-  Use the **BPF Workout Player** to follow your strength plan and log progress.
-  Track weight, strength, symptoms, and body composition weekly.



SCAN → OPEN IN APP



PROGRAM

TABLE OF CONTENTS



1. Cover 1



2. Medical Disclaimer & How to Use This Guide 2



3. Table of Contents 3



4. Introduction: The Problem No One Warns You About 4



5. Section 1 — Understanding GLP-1 Medications 5



6. Section 2 — The Hidden Risk: Why Muscle Loss Matters 6



7. Section 3 — The Three Pillars of Muscle-Sparing Weight Loss 7



8. Section 4 — The Nutrition Protocol 8



9. Section 4 — Nutrition Protocol, Continued 9



10. Section 5 — The Resistance Training Program 10



11. Section 6 — Supplementation Considerations 11



12. Section 7 — Tracking & Monitoring Progress 12



13. Section 8 — A Phase-Based Approach to Your GLP-1 Journey 13



14. Section 9 — Common Mistakes & Troubleshooting 14



15. Section 10 — Frequently Asked Questions 15



16. Appendix A & B — Protein Chart + Meal Templates 16



17. Appendix C & D — Workout Grids + Glossary 17



18. Appendix E — Sources & Final Word 18



NUTRITION
Fuel your body.
Protect your muscle.



TRAINING
Stimulate strength.
Preserve lean mass.



TRACKING
Measure progress.
Stay accountable.



RECOVERY & PHASE MANAGEMENT
Recover, adapt,
and progress.

INTRODUCTION: THE PROBLEM NO ONE WARNS YOU ABOUT



GLP-1 medications such as semaglutide (Ozempic®, Wegovy®, Rybelsus®), tirzepatide (Mounjaro®, Zepbound®), and liraglutide (Saxenda®, Victoza®) are among the most effective pharmacological tools for weight loss.



They **quiet food noise, slow digestion, and make a sustained calorie deficit** more achievable.



The blind spot: a meaningful share of the weight lost can be **lean tissue**, not just fat.



That is not a cosmetic issue; it affects **metabolism, strength, blood sugar control, and long-term health.**



This guide closes that gap with a **complete system:** nutrition protocol, resistance training, recovery guidelines, and tracking.



Every recommendation is designed to connect directly to the **BPF Workout Player** and **BPF Macro Player** so the science becomes something you actually do.

THE ONE-SENTENCE VERSION

GLP-1 medications create the calorie deficit; your job — through protein intake and resistance training — is to tell your body exactly which tissue to keep.



WHAT YOU'LL LEARN



Protect
Muscle



Set Protein
Correctly



Train
Progressively



Monitor the
Right Metrics



BPF
VIRTUAL



BPF WORKOUT PLAYER
BPF MACRO PLAYER

Educational content —
not medical advice —
bpfvirtual.org



SECTION 1 – UNDERSTANDING GLP-1 MEDICATIONS

1.1 HOW THEY WORK



GLP-1 is a natural gut hormone released after eating. It signals fullness to the brain, slows stomach emptying, and supports appropriate insulin release. GLP-1 medications are longer-acting versions of this effect; tirzepatide is a dual GIP + GLP-1 agonist.

The practical result is feeling full sooner, on less food, for longer – which makes protein, training stimulus, and micronutrient intake even more important.

SCAN → OPEN IN APP

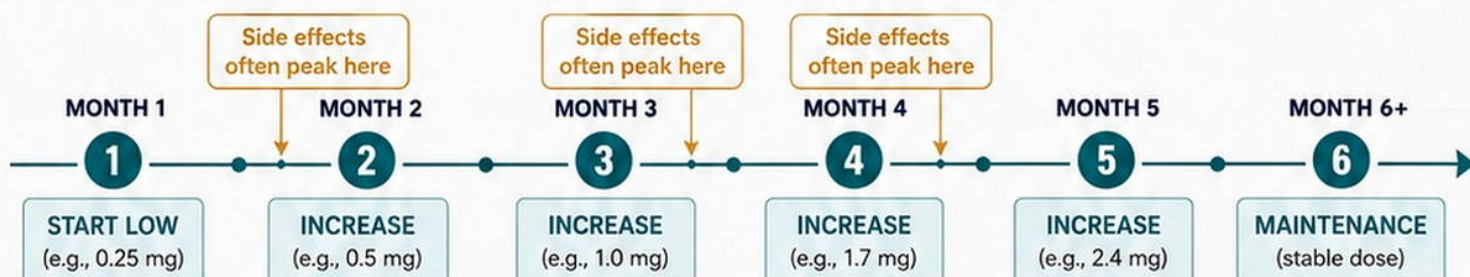


PROGRAM

1.2 COMMON GLP-1 MEDICATIONS

ACTIVE INGREDIENT	BRAND NAME(S)	MECHANISM	TYPICAL USE
 Semaglutide	Ozempic, Wegovy, Rybelsus	GLP-1 receptor agonist	Type 2 diabetes / chronic weight management
 Tirzepatide	Mounjaro, Zepbound	Dual GIP + GLP-1 receptor agonist	Type 2 diabetes / chronic weight management
 Liraglutide	Saxenda, Victoza	GLP-1 receptor agonist (shorter-acting)	Type 2 diabetes / weight management

1.3 WHAT TO EXPECT: THE TITRATION TIMELINE



Most GLP-1 medications start low and increase gradually, usually every 4 weeks, to reduce nausea and GI side effects. Appetite suppression and GI symptoms are often strongest right after each dose increase and settle at a stable maintenance dose.





SECTION 2 —

THE HIDDEN RISK: WHY MUSCLE LOSS MATTERS

2.1 WHAT THE RESEARCH ACTUALLY SHOWS

	STEP 1 TRIAL (semaglutide / Wegovy)			
		Avg. Weight Loss	Lean Mass Loss	Lean Mass as % of Total Loss
	SURMOUNT-1 TRIAL (tirzepatide / Zepbound)			
		Avg. Weight Loss	Lean Mass Loss	Lean Mass as % of Total Loss
	2024 META-ANALYSIS	Lean mass loss averaged roughly		
		25% of total weight lost across GLP-1 therapies.		
	REAL-WORLD 2026 BODY-COMPOSITION TRACKING	Tirzepatide showed		
		greater relative lean-mass loss than semaglutide at each measured time point.		



TAKEAWAY: Without a muscle-preservation plan, roughly **5 to 9** of every **20 pounds lost** may be muscle, not fat.



WHY THIS GUIDE IS NOT OPTIONAL

The medication decides how much weight comes off. **Your nutrition and training decide what that weight actually is.**

2.2 WHY THIS HAPPENS

- RAPID, LARGE CALORIE DEFICITS.**
Aggressive deficits increase the body's need for energy, causing it to break down muscle along with fat.
- FALLING PROTEIN INTAKE AS APPETITE DROPS.**
Lower appetite often leads to lower protein intake—reducing the building blocks muscle needs.
- MISSING RESISTANCE-TRAINING STIMULUS.**
Without regular strength training, the body has no signal to keep muscle during weight loss.

2.3 THE LONG-TERM COST OF LOSING THE WRONG KIND OF WEIGHT

- LOWER METABOLIC RATE**
Less muscle burns fewer calories—24/7.
- WORSE BLOOD SUGAR CONTROL**
Muscle is key for glucose disposal and insulin sensitivity.
- REDUCED BONE DENSITY**
Muscle supports bone—lose one, risk both.
- LESS STRENGTH & INDEPENDENCE**
Everyday tasks become harder as strength declines.
- HIGHER FALL RISK**
Less muscle = poorer balance, coordination, and stability.
- SARCOPENIC OBESITY / "SKINNY FAT"**
Lower muscle, higher fat % = worse health outcomes.
- EASIER FAT REGAIN IF MEDICATION STOPS**
Lower muscle means a slower metabolism and greater risk of regaining fat.

SCAN → OPEN IN APP



BODY COMP



SECTION 3 –

THE THREE PILLARS OF MUSCLE-SPARING WEIGHT LOSS

Every recommendation in the guide fits under one of three pillars. Master these three, and the muscle-loss statistics do not have to apply to you.



PILLAR

1

PROTEIN-FORWARD NUTRITION

Enough protein, at every meal, even when appetite is low. Covers protein targets, meal structure, hydration, and food quality.



PILLAR

2

PROGRESSIVE RESISTANCE TRAINING

A consistent, progressively challenging strength program gives your body a reason to keep the muscle it has.



PILLAR

3

RECOVERY, MONITORING & PHASE MANAGEMENT

Sleep, hydration, lab monitoring, symptom awareness, and adjusting the plan as dose and goals change over time.



SCAN → OPEN IN APP



PROGRAM



THE MEDICATION CREATES THE OPPORTUNITY.
THESE THREE PILLARS DETERMINE
WHETHER THE OUTCOME IS JUST WEIGHT LOSS —
OR HEALTHIER BODY COMPOSITION.



Section 4 — The Nutrition Protocol

4.1 Your Protein Target



Aim for 1.6 to 2.2 grams of protein per kilogram of body weight per day (roughly 0.7–1.0 grams per pound).



If carrying significant excess body fat, calculate from a goal or healthy body weight rather than current body weight.

Body Weight	Protein Target (1.6 g/kg)	Protein Target (2.2 g/kg)
130 lb / 59 kg	94 g	130 g
150 lb / 68 kg	109 g	150 g
175 lb / 79 kg	126 g	174 g
200 lb / 91 kg	145 g	200 g
225 lb / 102 kg	163 g	225 g
250 lb / 113 kg	181 g	250 g

4.2 Building the Rest of the Plate



Fat: roughly 0.3–0.4 g per kg of body weight per day as a floor.



Carbohydrate: fills remaining calories after protein and fat are set; usually higher on training days.



Fiber: gradually build toward 25–35 g/day.



Food quality: prioritize whole, minimally processed foods.

4.3 Meal Timing & Structure



Spread protein across 3–5 meals.



Aim for about 25–40 g of protein per meal.



Eat protein first at each meal.

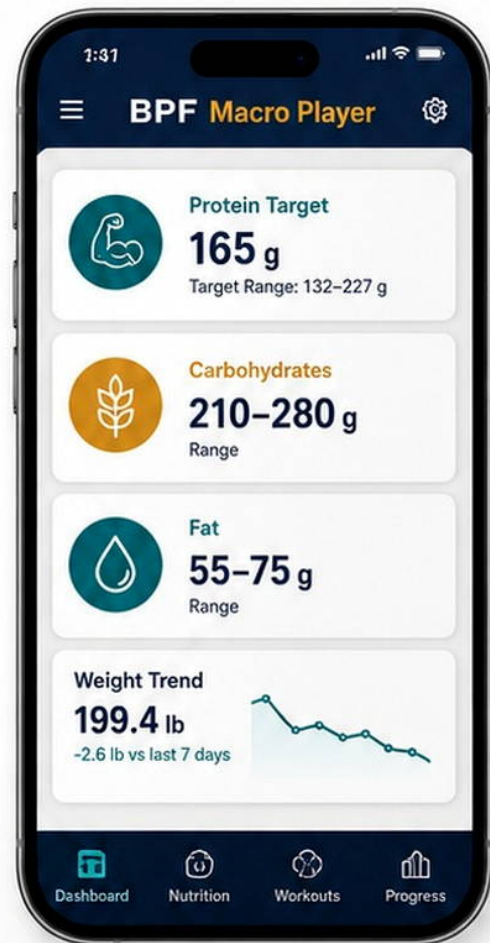


Keep easy options available: shake, Greek yogurt, cottage cheese, protein bar.



Do not let liquid calories crowd out protein.

INTERACTIVE ELEMENT



Enter body weight once; the tool auto-calculates your daily protein target, macro ranges, and updates them as your logged weight changes.

SCAN → OPEN IN APP



MACRO PLAYER



SECTION 4 — NUTRITION PROTOCOL, CONTINUED



4.4 MICRONUTRIENTS & SUPPLEMENTATION

NUTRIENT	WHY IT'S AT RISK	PRACTICAL STEP
Vitamin B12	Reduced stomach acid over time can impair release from food	Discuss baseline and 6–12 month follow-up labs with your provider
Iron	Lower intake of red meat or iron-rich foods due to appetite or aversions	Especially important for menstruating women; consider a periodic iron panel
Vitamin D & Calcium	Lower food volume and lower dairy intake	Use calcium-rich foods and discuss vitamin D supplementation with your provider
Electrolytes (sodium, potassium, magnesium)	Lower food intake plus GI symptoms can deplete them	Use electrolyte-supplemented water on low-appetite days



NOTE: Reduced food intake can make nutrient gaps more likely even though the medication does not directly block absorption.



4.5 MANAGING GI SIDE EFFECTS THROUGH DIET

SYMPTOM	FOODS THAT TEND TO HELP	FOODS THAT TEND TO WORSEN IT
Nausea	Bland, room-temperature, low-fat foods; small meals; ginger	Fried, greasy, spicy, strong-smelling foods; large portions
Constipation	Gradually increasing fiber; adequate water; light daily movement	Highly processed foods, excess dairy, refined white flour, low fluid intake
Bloating / fullness	Smaller, slower meals; chew thoroughly	Carbonated drinks, large amounts of beans or cruciferous vegetables, large high-fat meals



4.6 HYDRATION

Target roughly 2–3 liters of fluid daily, and more when fiber intake rises or GI symptoms are active.



4.7 A NOTE ON ALCOHOL

Alcohol can intensify nausea and low blood sugar symptoms, and it displaces protein and hydration. If you drink, do so moderately and never on an empty stomach.



SECTION 5 – THE RESISTANCE TRAINING PROGRAM



5.1 WHY RESISTANCE TRAINING IS NON-NEGOTIABLE

Protein alone is not enough to preserve muscle during aggressive weight loss. Mechanical tension from lifting is the primary biological signal that tells your body which tissue to protect.



5.2 TRAINING PRINCIPLES FOR GLP-1 USERS

- Prioritize compound, multi-joint movements: squat, hinge, push, pull, carry.
- Continue progressive overload — more weight, more reps, or better form over time.
- On low-energy days, reduce volume or intensity instead of skipping entirely.
- Train each major muscle group at least twice per week.

SCAN → OPEN IN APP



WORKOUT PLAYER



5.3 WEEKLY TRAINING TEMPLATES

TEMPLATE A — FULL-BODY, 3 DAYS/WEEK	
(BEGINNER / TIME-CONSTRAINED)	
DAY 1	Full Body: squat pattern, horizontal push, horizontal pull, core
DAY 2	Rest or light cardio: walking, mobility
DAY 3	Full Body: hinge pattern, vertical push, vertical pull, core
DAY 4	Rest or light cardio
DAY 5	Full Body: squat or hinge variation, push, pull, carry
WEEKEND	Rest / recovery

TEMPLATE B — UPPER / LOWER SPLIT, 4 DAYS/WEEK	
(INTERMEDIATE)	
DAY 1	Lower Body: squat pattern, hinge accessory, calves, core
DAY 2	Upper Body: horizontal push/pull, vertical push/pull, arms
DAY 3	Rest or light cardio
DAY 4	Lower Body: hinge pattern, squat accessory, unilateral work
DAY 5	Upper Body: vertical push/pull, horizontal push/pull, shoulders
WEEKEND	Rest / recovery



5.4 A 12-WEEK PROGRESSIVE FRAMEWORK

PHASE	WEEKS	FOCUS
 FOUNDATION	Weeks 1–4	Learn movement patterns, build consistency, moderate volume, focus on form.
 PROGRESSIVE OVERLOAD	Weeks 5–8	Add weight or reps week to week; increase training density as tolerance improves.
 INTENSIFICATION	Weeks 9–12	Push closer to effort limits on key lifts; reassess strength and body-composition trends.



5.5 CARDIO'S ROLE

Use cardio to support heart health, mood, and recovery — but let resistance training lead.

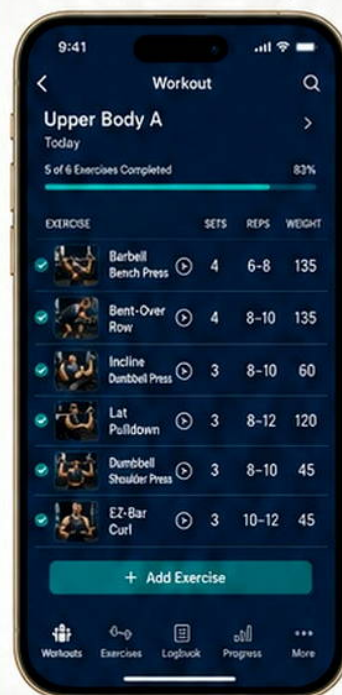


5.6 RECOVERY BASICS

- Sleep 7–9 hours.
- Take rest days seriously.
- Manage stress.

INTERACTIVE ELEMENT

BPF Workout Player



Each exercise links to a demonstration, set/rep/weight logger, and week-over-week progress tracking.



SECTION 6 — SUPPLEMENTATION CONSIDERATIONS



Supplements are tools to make the food and training targets in this guide easier to hit — none of them substitute for Sections 4 and 5. Discuss any new supplement with your prescribing provider, particularly given GI sensitivity on GLP-1 medications.

SUPPLEMENT	WHY IT'S COMMONLY USED HERE
 Whey, casein, or plant protein powder	A practical way to hit protein targets when food volume tolerance is low.
 Creatine monohydrate (3–5 g/day)	Research shows it helps maintain strength and training intensity during a calorie deficit, which supports lean mass retention.
 Multivitamin / Vitamin D	A backstop for the micronutrient gaps described in Section 4.4.
 Electrolyte supplement	Helpful on low-appetite or high-GI-symptom days to support hydration.



**SUPPLEMENTS
SUPPORT THE PLAN —
THEY DO NOT
REPLACE PROTEIN,
TRAINING, OR
RECOVERY.**

SCAN → OPEN IN APP



PROGRAM



SECTION 7 – TRACKING & MONITORING PROGRESS

7.1 BEYOND THE SCALE

Body weight alone cannot distinguish fat loss from muscle loss. Use multiple data points to see the full picture.



Bioelectrical impedance scale or InBody scan, tracked under consistent conditions (time of day, hydration status).



DEXA scan periodically, if accessible — the most accurate widely available option.



Simple tape measurements (waist, hips, arms, thighs) and progress photos under consistent lighting/pose.

SCAN → OPEN IN APP



CHECK-IN

7.3 LAB MONITORING



Raise the following with your prescribing provider, particularly in the first 6–12 months of treatment: complete blood count / iron panel, vitamin B12 and folate, vitamin D, and a comprehensive metabolic panel.

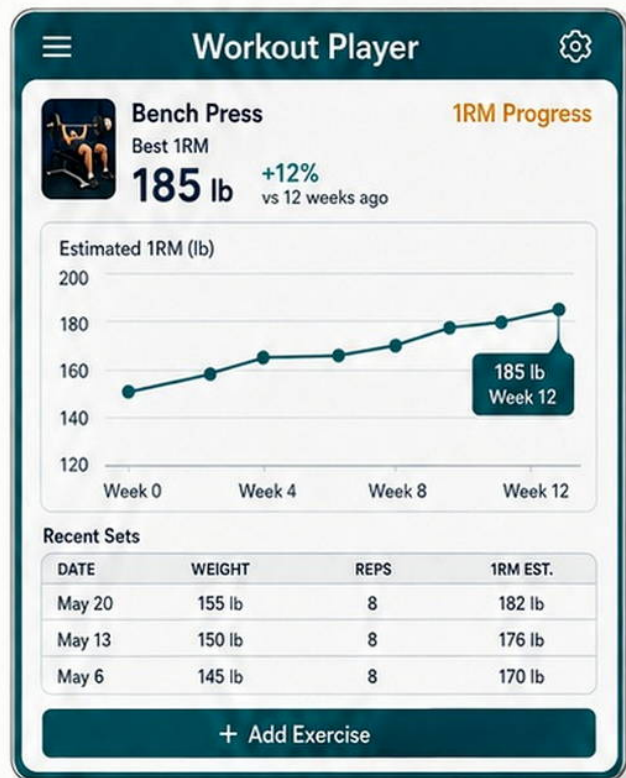


CONSISTENCY > PERFECTION

Track regularly, train intentionally, and communicate with your provider. Small adjustments, made early, protect your results for the long run.

7.2 STRENGTH TRACKING

Holding or improving your weights and reps is the best free proxy that muscle is being preserved while you lose fat.



7.4 WHEN TO CONTACT YOUR DOCTOR



Rapid, unexplained strength loss or persistent weakness



Dizziness, fainting, or persistent vomiting



Severe or worsening abdominal pain



Signs of dehydration (very dark urine, confusion, extreme thirst)



Significant hair loss, menstrual irregularities, or mood changes.



SECTION 8 – A PHASE-BASED APPROACH TO YOUR GLP-1 JOURNEY

PHASE	WHEN	PRIMARY FOCUS
1. TITRATION 	 Weeks 1–8, as dose increases	 Build the protein-first habit; learn core lifts; manage GI side effects; go easy on training intensity if a dose increase hits hard.
2. ACTIVE FAT LOSS 	 Stable maintenance dose, steady weight loss	 Full protocol: consistent protein target, progressive resistance training 3–5x/week, regular tracking.
3. MAINTENANCE / MUSCLE BUILDING 	 Approaching goal weight or a plateau	 Consider a modest calorie increase; shift training emphasis further toward progressive overload and hypertrophy.
4. POST-GLP-1 / DOSE TAPER 	 If/when tapering under medical supervision	 Maintain protein and training without interruption — this is the highest-risk window for fat regain if the habits built in phases 1–3 are dropped.



SCAN → OPEN IN APP



PROGRAM



IMPORTANT

Never adjust, pause, or stop a GLP-1 medication on your own. Any change to dose or treatment plan should be made together with your prescribing provider.



SECTION 9 — COMMON MISTAKES & TROUBLESHOOTING

SCAN → OPEN IN APP



PROGRAM

MISTAKE	WHY IT HURTS YOU	THE FIX
1  Undereating protein because appetite is low	Muscle has no raw material to be maintained with	Front-load protein at each small meal; keep a shake or bar on hand for low-appetite days
2  Skipping resistance training 'until I have more energy'	No mechanical signal to preserve muscle — the deficit reads as permission to shed it	Do a reduced-volume session instead of none; consistency beats intensity
3  Adding excessive cardio to 'speed things up'	Compounds the calorie deficit and recovery demand, accelerating muscle loss	Cap moderate cardio around 100–150 min/week; let resistance training lead
4  Increasing fiber too fast	Triggers bloating, cramping, and worse constipation	Increase fiber gradually alongside increasing water intake
5  Ignoring strength trends	Muscle loss can be invisible on a scale that only shows total weight	Log lifts every session; watch for declining strength as an early warning sign
6  Stopping the medication abruptly without a plan	Appetite rebound onto a lower muscle mass / lower metabolic rate can drive rapid fat regain	Plan any dose change or discontinuation with your provider, and keep the nutrition/training protocol running through the transition

TROUBLESHOOTING QUICK CHECKS



Hit protein target daily.



Do your resistance sessions.



Track strength & body weight trends.



Hydrate & increase fiber gradually.



Prioritize sleep & recovery.



Stay consistent with the plan.



CONSISTENCY BEATS PERFECTION.



SECTION 10 — FREQUENTLY ASKED QUESTIONS

Straight answers to the questions we hear most often from people following the Muscle-First GLP-1 Protocol.



1

Will lifting weights make me bulky?

No. Preserving the muscle you already have — which is what a calorie deficit plus resistance training does — looks like a leaner, firmer version of your current body, not added bulk. Significant muscle growth requires a calorie surplus, which is the opposite of what's happening during active weight loss.

2

I have almost no appetite. How am I supposed to eat 100+ grams of protein a day?

Spread it out. Small, protein-first meals every 3–4 hours, plus a protein shake or Greek yogurt as a low-effort backup, make the daily total achievable without needing large meals.

3

Do I need to eat less protein as I lose weight?

Generally no — recalculate your target periodically based on your current or goal body weight, but don't let the target drift downward just because total calories are lower.

4

Is walking enough, or do I really need to lift weights?

Walking is valuable for cardiovascular health and recovery, but it does not provide the mechanical loading stimulus that resistance training does. The research is consistent: resistance training is the more important variable for muscle preservation.

5

What if I can't get to a gym?

Bodyweight and resistance-band training, progressively made harder, can still provide a meaningful muscle-preservation stimulus — the principles in Section 5 apply regardless of equipment.

6

How do I know if I'm losing too much muscle?

Watch your strength numbers (Section 7.2) and, if accessible, periodic body composition scans. Flat or improving strength alongside scale weight loss is the best sign the protocol is working.

SCAN → OPEN IN APP



FAQ / HELP



APPENDIX A — QUICK-REFERENCE PROTEIN CHART



General rule of thumb:

roughly **0.7–1.0 grams** of protein per pound of body weight (or goal body weight) per day, spread across **3–5 meals**.

BODY WEIGHT	WEIGHT (KG)	DAILY PROTEIN TARGET (0.7–1.0 g PER LB)
130 lb	59 kg	94–130 g
150 lb	68 kg	109–150 g
175 lb	79 kg	126–174 g
200 lb	91 kg	145–200 g
225 lb	102 kg	163–225 g
250 lb	113 kg	181–250 g

SCAN → OPEN IN APP



MEAL PLAN

APPENDIX B — SAMPLE ONE-DAY MEAL TEMPLATES



STANDARD APPETITE DAY

- **Breakfast:** Greek yogurt with berries and a scoop of protein powder
- **Lunch:** Grilled chicken or tofu, rice, mixed vegetables
- **Snack:** Cottage cheese or a protein shake
- **Dinner:** Fish or lean beef, roasted vegetables, small portion of starch



LOW-APPETITE / HIGH-NAUSEA DAY

- Small bland protein-forward meals every 3 hours: broth-based soup with shredded chicken, a small protein shake, scrambled eggs, plain yogurt
- Prioritize hydration and electrolytes over hitting every macro target perfectly — do your best, not your perfect, on these days.



USE THE BPF MACRO PLAYER

Log meals, track protein, and let the Macro Player personalize daily targets and ranges for you based on your weight and goals.



APPENDIX C – WEEKLY WORKOUT TEMPLATE GRIDS



Template A — Full-Body, 3 Days/Week (Beginner / Time-Constrained)

DAY	FOCUS	KEY COMPONENTS	DONE
DAY 1	Full Body	Squat pattern, horizontal push, horizontal pull, core	☐
DAY 2	Rest or light cardio	Walking, mobility work	☐
DAY 3	Full Body	Hinge pattern, vertical push, vertical pull, core	☐
DAY 4	Rest or light cardio	Walking, mobility work	☐
DAY 5	Full Body	Squat or hinge variation, push, pull, carry	☐
WEEKEND	Rest / recovery	Sleep, hydration, light activity	☐



Template B — Upper / Lower Split, 4 Days/Week (Intermediate)

DAY	FOCUS	KEY COMPONENTS	DONE
DAY 1	Lower Body	Squat pattern, hinge accessory, calves, core	☐
DAY 2	Upper Body	Horizontal push/pull, vertical push/pull, arms	☐
DAY 3	Rest or light cardio	Walking, mobility work	☐
DAY 4	Lower Body	Hinge pattern, squat accessory, unilateral work	☐
DAY 5	Upper Body	Vertical push/pull, horizontal push/pull, shoulders	☐
WEEKEND	Rest / recovery	Sleep, hydration, light activity	☐

SCAN → OPEN IN APP



WORKOUT PLAYER



See Section 5.3 for full templates A and B.



Track every workout in the BPF Workout Player. Log sets, reps, weight, and notes — and watch your progress build week after week.



APPENDIX D – GLOSSARY

SCAN → OPEN IN APP



PROGRAM

TERM	DEFINITION
 GLP-1	Glucagon-like peptide-1, a gut hormone that regulates appetite, digestion, and insulin release.
 Lean mass / lean body mass	Everything in the body that isn't fat — muscle, bone, organs, and water.
 Progressive overload	Gradually increasing the demand placed on a muscle over time (more weight, reps, or difficulty) to maintain or build it.
 Sarcopenia	Age- or condition-related progressive loss of muscle mass, strength, and function.
 Titration	The gradual, scheduled increase of a medication dose over time.



APPENDIX E — SOURCES & FURTHER READING

- 1** STEP 1 Trial (semaglutide) body composition sub-analysis — Wilding et al.
- 2** SURMOUNT-1 Trial (tirzepatide) body composition sub-analysis — Jastreboff et al.
- 3** Neeland et al., “Changes in lean body mass with GLP-1-based therapies and mitigation strategies,” Diabetes, Obesity and Metabolism, 2024.
- 4** Systematic review and network meta-analysis of GLP-1 receptor agonists/co-agonists on body composition, Metabolism: Clinical and Experimental, 2024.
- 5** American College of Lifestyle Medicine, American Society for Nutrition, Obesity Medicine Association, and The Obesity Society joint advisory on nutritional priorities for GLP-1 therapy, American Journal of Clinical Nutrition, 2025.
- 6** Multidisciplinary expert consensus on managing GI adverse events with GLP-1 receptor agonists.
- 7** Research on creatine monohydrate supplementation and lean mass retention during energy restriction.



This appendix exists for credibility and transparency rather than visual interest.

SCAN → OPEN IN APP



PROGRAM



A FINAL WORD

This guide is educational and does not replace personalized medical care. Work with your prescribing provider throughout your GLP-1 treatment, especially around dosing changes, lab monitoring, and any new symptoms. Everything else — the protein target, the training plan, the tracking system — is yours to run, every day, with the BPF Workout Player and BPF Macro Player as your daily tools.



**PROTECT YOUR MUSCLE.
FOLLOW THE PLAN.
LET THE MEDICATION
HANDLE THE DEFICIT —
AND YOUR HABITS
DETERMINE THE OUTCOME.**



FUEL SMART

Hit your protein target and prioritize whole foods.



TRAIN STRONG

Lift with purpose and progress each week.



TRACK CONSISTENTLY

Use the tools. Follow the plan. Trust the process.



STAY COMMITTED

Your future self is watching. Don't quit.

Thank you for trusting BPF Virtual to be part of your journey.

You've got the plan. Now go own it.

© BPF Virtual — bpfvirtual.org

SCAN → OPEN IN APP



PROGRAM



BONUS TOOLKIT – HOW TO USE THIS SYSTEM

This system works when you use all the pieces together. Here's how to get started.

1

READ THE GUIDE



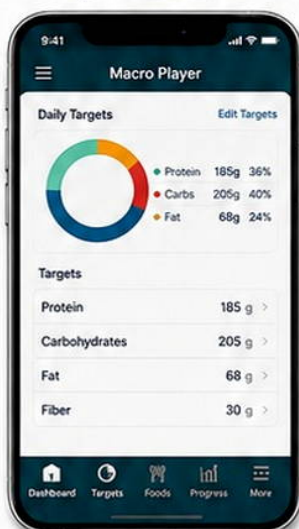
Understand the principles: protein targets, training, tracking, and supplementation. Use it as your reference as you go.

2

SET TARGETS IN THE BPF MACRO PLAYER



Enter your info, set your protein target, and get your personalized daily macro targets to guide your nutrition.

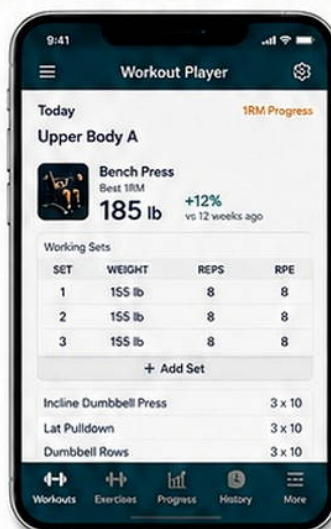


3

FOLLOW YOUR PLAN IN THE BPF WORKOUT PLAYER



Complete your workouts, log sets/reps, and follow the plan that protects muscle and drives progress.



4

TRACK PROGRESS WEEKLY



Log weigh-ins, photos, workouts, and how you feel. Review weekly and adjust as needed. Consistency > perfection.

TRACK EACH WEEK

- ✓ Body weight
- ✓ Workout performance
- ✓ Strength (1RM)
- ✓ Photos
- ✓ Energy & recovery
- ✓ Notes / adjustments



Start simple.

Learn the system, hit protein, train consistently, and track weekly. Small actions, repeated, create big results.

SCAN → OPEN IN APP



GET APP

THIS SYSTEM WORKS BECAUSE IT'S COMPLETE.



NUTRITION
Macros that match your goals.



TRAINING
Purposeful workouts that build & maintain muscle.



TRACKING
Data that reveals trends (not just fluctuations).



ADAPTATION
Adjust, refine, and keep moving forward.



Use the players. Follow the plan. Trust the process.
You've got the tools — now go own it.



BONUS TOOLKIT – YOUR 12-WEEK GLP-1 SUCCESS ROADMAP

Sustainable results come from a clear plan and consistent daily habits.
Follow this 12-week roadmap to build strength, protect muscle, and feel your best.

SCAN → OPEN IN APP



PROGRAM



PHASE 1

WEEKS 1–4 FOUNDATION

Establish the habits that set you up for success.



PROTEIN CONSISTENCY

- Hit your daily protein target every day.



RESISTANCE TRAINING

- 2–3 full-body sessions per week.



HYDRATION

- 80–100 oz water daily. Add electrolytes as needed.



SYMPTOM MANAGEMENT

- Eat slowly, smaller meals, prioritize fiber and electrolytes.



SLEEP

- Aim for 7–9 hours of quality sleep.



WEEKLY TRACKING

- Log weight, workouts, and notes. Review weekly.



PHASE 2

WEEKS 5–8 BUILD MOMENTUM

Increase effort, stay consistent, and start seeing measurable gains.



PROTEIN CONSISTENCY

- Dial in timing and quality. 25–40g per meal is the goal.



RESISTANCE TRAINING

- 3–4 sessions per week. Progressive overload.



HYDRATION

- 100–120 oz water daily. Replenish electrolytes.



SYMPTOM MANAGEMENT

- Adjust foods and portions. Stay ahead of discomfort.



SLEEP

- Protect sleep consistency and bedtime routine.



WEEKLY TRACKING

- Track trends, strength, and how clothes fit.



PHASE 3

WEEKS 9–12 LOCK IN RESULTS

Refine your routine and make results last long-term.



PROTEIN CONSISTENCY

- Stay consistent even on busy or social days.



RESISTANCE TRAINING

- 4–5 sessions per week. Focus on strength & shape.



HYDRATION

- Keep hydration high and adjust for activity level.



SYMPTOM MANAGEMENT

- Fine-tune foods, portions, and timing. Listen to your body.



SLEEP

- Keep prioritizing sleep to support recovery and results.



WEEKLY TRACKING

- Celebrate wins. Plan ahead and stay accountable.



**PROGRESS COMES FROM
HABITS REPEATED
WEEK AFTER WEEK.**

Stay consistent. Stay patient.
Trust the plan. **You've got this.**





BONUS TOOLKIT — GROCERY SHOPPING GUIDE

Build a **protein-first** cart that supports fat loss and muscle retention.



LEAN PROTEINS

- ☐ Chicken breast or tenderloins
- ☐ Extra-lean ground turkey (93%+)
- ☐ Extra-lean ground beef (90%+)
- ☐ White fish (cod, tilapia, haddock)
- ☐ Shrimp, scallops, tuna
- ☐ Eggs and egg whites



EASY PROTEIN CONVENIENCE FOODS

- ☐ Greek yogurt (plain, 0–2% fat)
- ☐ Cottage cheese (low fat)
- ☐ Protein shakes or RTD shakes
- ☐ Low-sodium deli turkey or chicken
- ☐ Canned tuna or salmon (in water)
- ☐ High-protein cheese (low fat)



SMART CARBS

- ☐ Oats (steel cut or rolled)
- ☐ Quinoa, farro, or brown rice
- ☐ Sweet potatoes or yams
- ☐ Whole grain wraps or bread
- ☐ Beans, lentils, chickpeas
- ☐ Fruit (berries, apples, citrus)



FIBER-RICH PRODUCE

- ☐ Leafy greens (spinach, arugula)
- ☐ Broccoli, cauliflower, Brussels sprouts
- ☐ Peppers, onions, mushrooms
- ☐ Zucchini, asparagus, green beans
- ☐ Tomatoes, cucumbers
- ☐ Berries, apples, pears



HEALTHY FATS

- ☐ Avocados
- ☐ Olive oil or avocado oil
- ☐ Nuts (almonds, walnuts, pistachios)
- ☐ Nut butters (natural)
- ☐ Chia seeds, flaxseeds
- ☐ Fatty fish (salmon, mackerel)



HYDRATION & ELECTROLYTES

- ☐ Water (still or sparkling)
- ☐ Electrolyte tablets or powders
- ☐ Coconut water (unsweetened)
- ☐ Low-sodium broth
- ☐ Sodium, potassium, magnesium foods



**IF APPETITE IS LOW,
PRIORITIZE PROTEIN FIRST.**

- ✓ Build your meals around a palm-sized portion of protein.
- ✓ Add produce for volume, nutrients, and satiety.
- ✓ Keep it simple, repeat what works, and stay consistent.



SHOP SMART. PREP AHEAD. STAY ON PLAN.

A well-stocked kitchen makes healthy choices the easy choice.



PREP TIP

Portion and prep proteins and veggies ahead of time to save time and protect your goals.





BONUS TOOLKIT — RESTAURANT SURVIVAL GUIDE

Eating out does not have to derail your results. A few smart choices can keep you full, on track, and feeling good — without sacrificing enjoyment.

BEFORE YOU ORDER



- Scan the menu online if possible.
- Decide what you'll order before you're hungry.
- Plan your protein, veggie, and water.
- Set an intention: nourish your body, not just your cravings.

BUILD A BETTER PLATE



- Start with vegetables when they're available.
- Choose grilled, baked, or broiled protein.
- Fill half your plate with non-starchy veggies.
- Include a high-quality protein with every meal.

PROTEIN-FIRST MENU CHOICES



- Lean cuts: chicken, turkey, fish, shrimp, steak, tofu, eggs.
- Look for words like grilled, roasted, broiled, steamed.
- Ask for sauces and dressings on the side.

EASY SWAPS



- Swap fries or chips for a side salad or veggies.
- Choose vinaigrette instead of creamy dressings.
- Skip the bread basket.
- Choose water, sparkling water, unsweetened tea, or black coffee.

GI-FRIENDLY ORDERING TIPS



- Eat slowly and stop when comfortably full.
- Avoid very high-fat, heavy or fried meals.
- Stick to simple ingredients and sauces.
- Split large portions or box half up front.
- Stay hydrated throughout your meal.



**YOU DO NOT NEED
A PERFECT MEAL —
JUST A BETTER
NEXT CHOICE.**





BONUS TOOLKIT — TRAVEL GUIDE FOR GLP-1 USERS

Travel doesn't have to derail your progress. A little planning keeps your medication, nutrition, training, and recovery on track — wherever the road (or runway) takes you.



BEFORE YOU TRAVEL

- ☐ **Plan ahead:** Pack supplies and research food options at your destination.
- ☐ **Check timing:** Adjust meal and training times for time zone changes.
- ☐ **Refill early:** Ensure you have enough medication and supplies for the entire trip + extra days.
- ☐ **Notify your prescriber:** If you'll be gone longer than planned or crossing multiple time zones.



CARRY-ON ESSENTIALS

- ☐ GLP-1 medication (with extra doses)
- ☐ Insulated medication case + ice packs
- ☐ Syringes/needles or pen needles
- ☐ Alcohol swabs
- ☐ Prescription or medication letter from your provider
- ☐ Ziploc bag for security screening
- ☐ Water bottle
- ☐ Electrolyte packets



PROTEIN SNACKS ON THE GO

- ☐ Protein bars (20g+ protein)
- ☐ Beef or turkey jerky
- ☐ Single-serve protein shakes
- ☐ Roasted edamame or nuts
- ☐ Canned tuna or salmon packets
- ☐ Greek yogurt (if you have a cooler)



HYDRATION STRATEGY

- ☐ Aim for ½ body weight (lb) in ounces of water daily.
- ☐ Increase intake on flights and in dry climates.
- ☐ Use electrolyte packets to replace sodium, potassium, and magnesium.
- ☐ Limit alcohol and excessive caffeine — both can dehydrate you.



TRAINING WHILE TRAVELING

- ☐ Focus on consistency, not perfection.
- ☐ Use hotel gyms, bodyweight circuits, resistance bands, or kettlebells.
- ☐ Prioritize strength moves: squat, hinge, push, pull, core.
- ☐ Walk often — steps add up.
- ☐ Stretch and sleep to support recovery.



MEDICATION HANDLING BASICS

- ☐ Keep medication in its original labeled packaging.
- ☐ Store in a cool place; use an insulated case with ice packs if needed.
- ☐ Do not freeze unless your medication instructions specifically allow it.
- ☐ Do not leave medication in checked luggage.
- ☐ Keep medications with you during travel.
- ☐ Know the storage requirements for your specific medication and follow them.



SAFETY FIRST

**FOLLOW YOUR
PRESCRIBER'S
INSTRUCTIONS
FOR MEDICATION
STORAGE AND
TRAVEL.**



Stay flexible, eat with intention, move daily, and protect your routine.
Every smart choice adds up — even on the road.





BONUS TOOLKIT — THE 60-MINUTE MEAL PREP SYSTEM

One hour. One plan. Many wins. Batch cooking takes the guesswork out of eating well, helps you hit protein targets, and keeps you on track even on busy or low-appetite days.

1

CHOOSE 2 PROTEINS



Pick 2 lean proteins for variety and consistency.

2

PREP VEGETABLES



Wash, chop, and roast or steam a big batch.

3

ADD SMART CARBS



Choose carbs that fuel performance and recovery.

4

PORTION MEALS



Build balanced meals and portion for the week ahead.

5

STOCK FAST BACKUPS



Keep protein-forward options ready for anything.



SAMPLE 5-DAY MEAL PREP

MEAL	PROTEIN	VEGGIES	CARB	EXTRAS
BREAKFAST	Greek yogurt + whey	—	Berries + oats	Chia seeds
LUNCH	Grilled chicken breast	Roasted broccoli	Brown rice	Olive oil + lemon
DINNER	Baked salmon	Roasted green beans	Sweet potato	Fresh herbs
SNACK 1	Cottage cheese	—	Pineapple chunks	Cinnamon
SNACK 2	Whey shake	—	Banana	Peanut butter



Adjust portions to your calorie needs and appetite. Swap ingredients as needed while keeping protein the priority.

PRACTICAL TIPS FOR SUCCESS

- ✓ Cook once, eat many times — aim for 10–15 total meals.
- ✓ Use simple seasonings: salt, pepper, garlic, herbs, lemon.
- ✓ Store in clear, labeled containers for grab-and-go ease.
- ✓ Refrigerate 3–4 days of meals; freeze the rest.
- ✓ Keep hydration high — water, electrolytes, and sodium.



**PREPARED BEATS PERFECT —
MAKE THE NEXT
FEW DAYS EASIER.**



BONUS TOOLKIT — HUNGER, CRAVINGS & LOW-APPETITE TROUBLESHOOTING



GLP-1 medication changes how hunger and fullness work. Use this guide to troubleshoot common roadblocks and get back on track with confidence.

THE PROBLEM	WHAT IT USUALLY MEANS	WHAT TO DO NEXT
 LOW APPETITE I'm not hungry and barely eating.	 Your medication dose or hydration may be too high.  You may be under-eating protein and calories.  Low energy can further suppress appetite.	✓ Prioritize protein first: Aim for 20–30 g protein per meal even if small. ✓ Use small, protein-first meals: 3–4 mini meals/snacks daily if needed. ✓ Add shakes or Greek yogurt: Easy, nutrient-dense options when solid food isn't appealing. ✓ Hydrate well: 2–3 L/day (water + electrolytes). ✓ Move gently: Short walks can help stimulate appetite and energy.
 CRAVINGS I'm craving sweets, salty foods, or comfort foods.	 Blood sugar swings or stress are driving urges.  You may be missing protein, fiber, or satisfying meals.  Trigger foods in your environment make resistance harder.	✓ Build balanced meals: Protein + fiber + healthy fat at every meal. ✓ Plan ahead: Keep go-to protein snacks handy (shakes, jerky, nuts, cheese, Greek yogurt). ✓ Remove triggers: Keep tempting foods out of sight and out of the house. ✓ Manage stress: Sleep, breathe, walk, or journal. ✓ Pause & hydrate: Drink water or electrolytes and wait 10 minutes.
 MISSED PROTEIN I skipped protein or didn't hit my target today.	 Leads to muscle loss over time.  May increase hunger, cravings, and fatigue.  Slows progress on body composition and strength.	✓ Hit reset at the next meal: Don't let one meal derail your day. ✓ Add a shake: 20–30 g protein is a fast, easy fix. ✓ Protein pairings: Add eggs, chicken, tuna, tofu, or Greek yogurt to your next meal. ✓ Set a reminder: Use alarms or app prompts to stay on track.



DO YOUR BEST, NOT YOUR PERFECT,
One good decision leads to the next. Keep showing up — you've got this.





BONUS TOOLKIT – THE PLATEAU PROTOCOL



What to do when fat loss slows — a step-by-step reset checklist.

PLATEAU PROTOCOL — 6-STEP CHECKLIST			COMPLETE ☒
	1	CHECK ADHERENCE FIRST - Am I following my nutrition plan 80–90% of the time? - Am I taking my GLP-1 medication as prescribed?	☐
	2	RECONFIRM PROTEIN TARGET - Am I hitting my daily protein goal consistently? - Adjust if needed based on current body weight (see protein target guide).	☐
	3	REVIEW TRAINING PROGRESSION - Have my lifts or reps progressed in the last 2–3 weeks? - Add load, reps, sets, or reduce rest to keep challenging your body.	☐
	4	INCREASE DAILY MOVEMENT - Add 1,000–2,000 extra steps per day. - Include short movement breaks or active recovery.	☐
	5	AUDIT SLEEP & STRESS - Aim for 7–9 hours of quality sleep per night. - Manage stress: breathing, mindfulness, walks, screen breaks.	☐
	6	SPEAK WITH YOUR PROVIDER IF NEEDED - Discuss dosing, side effects, or stalled progress. - Rule out medical issues (labs, thyroid, hormones, medication interactions).	☐



PLATEAUS ARE FEEDBACK, NOT FAILURE.
ADJUST. RESET. STAY CONSISTENT. PROGRESS WILL FOLLOW.



TIP: Run through this checklist weekly if progress stalls for 10–14 days.
Small adjustments → big results over time.



Use the BPF Workout Player and Macro Player to support every step of your reset.



BONUS TOOLKIT — SIDE-EFFECT DECISION GUIDE

SCAN → OPEN IN APP



PROGRAM

GLP-1 medications can cause side effects, especially when starting or increasing dose.
Use this guide to choose safe next steps and know when to contact your provider.

SYMPTOM	HOME MANAGEMENT — TRY THESE FIRST	CONTACT YOUR PROVIDER IF...	SEEK URGENT MEDICAL CARE IMMEDIATELY IF...
 NAUSEA	• Eat small, bland, low-fat meals. • Sip water or electrolyte drinks often. • Ginger tea, peppermint tea, or hard candies may help. • Avoid strong smells and overeating.	• Nausea lasts more than 3–5 days. • You're unable to keep fluids or food down. • Symptoms interfere with daily life.	• Persistent vomiting. • Signs of dehydration (dark urine, dizziness, rapid heartbeat). • Vomiting with severe abdominal pain.
 CONSTIPATION	• Drink plenty of water. • Add soluble fiber slowly (oats, chia, chia pudding, psyllium husk). • Include fruits, vegetables, and whole grains. • Gentle movement daily.	• No bowel movement in 3+ days. • Pain, bloating, or discomfort is worsening. • Laxatives are needed frequently.	• Severe abdominal pain. • Vomiting with inability to pass gas or stool. • Blood in stool.
 BLOATING / FULLNESS	• Eat smaller portions slowly. • Choose low-fat, low-gas foods (avoid fried, greasy, or very processed foods). • Limit carbonated drinks and chewing gum. • Walk after meals if possible.	• Bloating lasts more than 1 week. • Pain, tightness, or discomfort increases. • Early fullness makes it difficult to eat or hydrate.	• Severe or sudden abdominal pain. • Abdominal swelling with vomiting. • Inability to pass gas.
 VOMITING	• Stop eating. Sip small sips of clear fluids. • Once settled, try bland foods (crackers, toast, rice). • Avoid fatty, spicy, or heavy meals for 24–48 hours.	• Vomiting more than once in 24 hours. • Unable to keep fluids down for 12+ hours. • You feel weak or dehydrated.	• Vomiting with severe abdominal pain. • Signs of dehydration (dizziness, very dark urine, confusion). • Blood in vomit.
 DIZZINESS / LIGHTHEADEDNESS	• Hydrate well. • Change positions slowly. • Eat regular, balanced meals. • Avoid alcohol and excessive caffeine.	• Dizziness lasts more than 2–3 days. • Episodes are frequent or worsening. • You faint or nearly faint.	• Fainting or loss of consciousness. • Chest pain or shortness of breath. • Severe headache or confusion.
 SEVERE ABDOMINAL PAIN	• Do not delay — this is not for home management.	• Contact your provider immediately.	• Severe, persistent, or worsening abdominal pain. • Pain that radiates to your back. • Pain with fever or vomiting. • Suspected pancreatitis or gallbladder issues.



THIS GUIDE IS EDUCATIONAL AND DOES NOT REPLACE MEDICAL CARE.

Always follow your prescribing provider's instructions. Report new or worsening symptoms promptly. When in doubt, contact your provider — your safety comes first.



HYDRATE DAILY



CHOOSE BLAND, LOW-FAT FOODS



ADD FIBER GRADUALLY



REST & LISTEN TO YOUR BODY



CONTACT YOUR PROVIDER EARLY



SCAN → OPEN IN APP



CHECK-IN

BONUS TOOLKIT – WEEKLY CHECK-IN & HABIT TRACKER



WEEK OF: _____



NAME: _____



WEEKLY CHECK-IN



BODY WEIGHT

(morning, after bathroom)

 lb

WAIST MEASUREMENT

(at navel)

 in

AVERAGE PROTEIN INTAKE

(g/day)

 g

WORKOUTS COMPLETED

(this week)

 / 

SLEEP QUALITY

(1–5)

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

HYDRATION

(1–5)

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

ENERGY LEVEL

(1–5)

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

GI SYMPTOMS

(none, mild, mod., severe)

☐ ☐ ☐ ☐
NONE MILD MOD. SEVERE

WEEKLY WIN

(one thing you're proud of)



NEXT-WEEK FOCUS

(one priority)



WEEKLY HABIT TRACKER

HABIT	MON	TUE	WED	THU	FRI	SAT	SUN	WEEKLY SCORE
PROTEIN TARGET Hit your daily protein goal	☐	☐	☐	☐	☐	☐	☐	___ / 7
WORKOUT Completed training or mobility work	☐	☐	☐	☐	☐	☐	☐	___ / 7
HYDRATION Met hydration goal	☐	☐	☐	☐	☐	☐	☐	___ / 7
SLEEP 7+ hours of sleep	☐	☐	☐	☐	☐	☐	☐	___ / 7
STEPS / MOVEMENT Hit daily steps or movement goal	☐	☐	☐	☐	☐	☐	☐	___ / 7



STRONGER TOGETHER:

Pair this check-in with the **BPF Macro Player** and **BPF Workout Player**.
Review your data, adjust your plan, and keep building momentum.

MACRO PLAYER SETUP WALKTHROUGH

Your nutrition, simplified.
Set it once. Follow it daily.



1



ENTER YOUR STATS

Add your current weight, height, age, gender, and activity level.

2



SET YOUR GOAL

Choose fat loss, body recomposition, or maintenance.

3



GET YOUR TARGETS

The Macro Player calculates your daily calories and macros automatically.

4



TRACK DAILY

Log your meals, water, supplements, and steps.

5



WEEKLY CHECK-IN

Update your weight and progress to keep your targets accurate.



PRO TIP

Consistency > perfection.
Hit your protein. Stay in your range.
Trust the process.



IT ALL SYNC'S TOGETHER

Your Macro Player connects with your Workout Player and Progress Tracker to give you the complete picture.



SCAN → OPEN IN APP



MACRO PLAYER

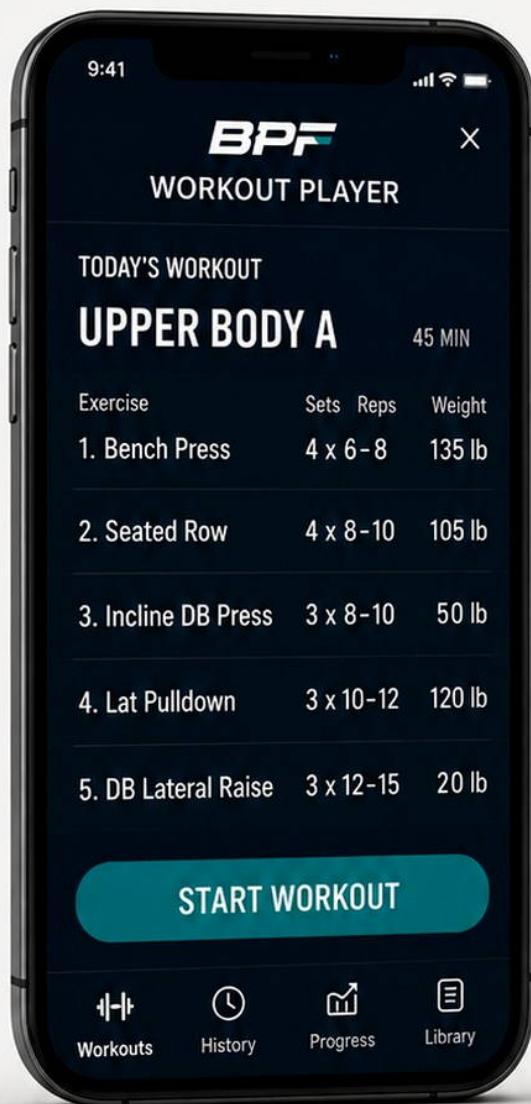
BPFVIRTUAL.ORG



Educational content — not medical advice — consult your healthcare provider.

WORKOUT PLAYER SETUP WALKTHROUGH

Train smart. Track everything.
Build muscle. Burn fat.



1



CHOOSE YOUR PLAN

Select the 3-Day or 4-Day program that fits your schedule.

2



VIEW YOUR WORKOUT

Exercises, sets, reps, rest times, and demo videos—right in the app.

3



PERFORM & LOG

Track weight, reps, and RPE for every set.

4



MONITOR PROGRESS

See your strength improve week to week.

5



STAY CONSISTENT

The app keeps you on track and accountable.



PRO TIP

Progressive overload + high protein
= muscle retention while you lose fat.



EVERY WORKOUT IS TRACKABLE

- ✓ Log sets, reps, weight, and rest times
- ✓ Track RPE and notes
- ✓ Compare performance over time
- ✓ Stay consistent and get stronger

SCAN → OPEN IN APP



WORKOUT PLAYER



12-WEEK CALENDAR TRACKER

WEEKS 1-4: FOUNDATION


BPF
VIRTUAL

Use this tracker to stay consistent and build the foundation for long-term success.

SCAN → OPEN IN APP



CHECK-IN

WEEK	FOCUS	 NUTRITION	 TRAINING	 RECOVERY	CHECK-IN 
1	Build Consistency	• Hit protein target daily • Stay in calorie range	• 3–4 strength sessions • Learn form perfectly	• 7–9 hrs sleep • Drink 100+ oz water	☐
2	Dial In Habits	• Track all macros • Whole foods focus	• Progress reps or weight • Add 1–2 sets if ready	• 10 min mobility daily • Manage stress	☐
3	Build Momentum	• Protein non-negotiable • Limit added sugars	• Increase intensity • Track every workout	• 8k–12k steps daily • Prioritize recovery	☐
4	Lock In	• Stay in range 80–90% • Plan ahead	• Progress something each week • Focus on big lifts	• Sleep quality > quantity • Hydrate daily	☐



YOUR GOAL:

Build a strong foundation of daily habits.
Small wins now = massive results later.



Consistency today.
Results for life.



FOUNDATION CHECKLIST

- ☒ Hitting protein target daily
- ☒ Completing workouts
- ☒ Daily steps + hydration
- ☒ Tracking macros consistently
- ☒ Prioritizing recovery



Educational content — not medical advice — consult your healthcare provider.

12-WEEK CALENDAR TRACKER

WEEKS 5–8: PROGRESS



You've built the foundation. Now it's time to push harder, add intensity, and see real changes.



BPF
VIRTUAL

WEEK	NUTRITION	TRAINING	RECOVERY	CHECK-IN
5	• Increase intensity • Protein first always	• Add weight or reps • Train close to failure	• Manage stress • Daily walk 10k+ steps	☐
6	• Push harder • More protein if needed	• Progressive overload • Improve mind-muscle connection	• 7–9 hrs sleep • Mobility & stretch	☐
7	• Break plateaus • Review data & adjust	• Change rep ranges • Add intensity techniques	• Recovery protocols • Hydrate daily	☐
8	• Strength focus • Re-feed if needed	• Heavier weights • Track all lifts	• Deload if fatigued • Quality recovery	☐



YOUR GOAL:

Build strength. Continue fat loss.
Refine and advance.



PRO TIP

Progress isn't always linear.
Trust the process and stay consistent.



PROGRESS CHECKLIST

- ✓ Increasing weights or reps
- ✓ Hitting protein target daily
- ✓ Staying in calorie range
- ✓ 7–9 hours of sleep
- ✓ Daily steps 10k+
- ✓ Managing stress
- ✓ Tracking workouts
- ✓ Reviewing progress weekly
- ✓ Hydrating consistently



12-WEEK CALENDAR TRACKER

WEEKS 9–12: LOCK-IN



BPF
VIRTUAL

SCAN → OPEN IN APP



CHECK-IN

This is where results are locked in.

Stay disciplined. Focus on performance and consistency.

WEEK	 NUTRITION	 TRAINING	 RECOVERY	CHECK-IN 
9	• Maximize results • Protein non-negotiable	• Stay in range or slight cut • Peak performance	• Push intensity • 7–9 hrs sleep	☐
10	• Final push • Dial in nutrition	• Progress strength • Minimize cheat meals	• Focus on quality • Mobility work	☐
11	• Prepare for transition • Maintain calories	• Maintain strength • Deload if needed	• Hydrate daily • Sleep quality	☐
12	• Transition & maintain • Track & adjust	• Sustain strength • Stay consistent	• Long-term habits • Recover smart	☐



YOUR GOAL:

Lock in results. Transition to maintenance.
Build a lifestyle, not a temporary fix.



SUCCESS PRINCIPLE

Discipline + Consistency
over time = Transformation.



LOCK-IN CHECKLIST

- ✓ Hitting protein target daily
- ✓ Completing strength workouts
- ✓ Staying in calorie range
- ✓ 7–9 hours of quality sleep
- ✓ 10k+ steps daily
- ✓ Managing stress
- ✓ Hydrating consistently
- ✓ Tracking progress weekly
- ✓ Adjusting based on results
- ✓ Staying focused & consistent



YOU'RE BUILDING MORE THAN A BODY—YOU'RE BUILDING A BETTER YOU.

Keep showing up. The best is yet to come.



Educational content — not medical advice — consult your healthcare provider.

HIGH-PROTEIN RECIPE CARDS

BREAKFASTS

**BPF**
VIRTUAL

Easy, protein-forward breakfasts that support muscle retention, satiety, and GLP-1-friendly eating.



PROTEIN POWER SCRAMBLE

**CALORIES**
420**PROTEIN**
38g

- ✓ 3 whole eggs + 2 egg whites
- ✓ 1/2 cup spinach
- ✓ 1/4 cup diced peppers
- ✓ 1 oz feta cheese



GREEK YOGURT BOWL

**CALORIES**
350**PROTEIN**
30g

- ✓ 1 cup nonfat Greek yogurt
- ✓ 1/2 cup berries
- ✓ 1 tbsp almond butter
- ✓ 1 tbsp chia seeds

SCAN → OPEN IN APP



MEAL PLAN



PROTEIN SMOOTHIE

**CALORIES**
380**PROTEIN**
34g

- ✓ 1 scoop whey protein
- ✓ 1/2 banana
- ✓ 1 cup almond milk
- ✓ 1 tbsp peanut butter

**QUICK • EASY • PROTEIN PACKED**

Perfect for low appetite days.



Breakfast Tip: If appetite is low, liquid or soft protein options can make it easier to hit your target.



HIGH-PROTEIN RECIPE CARDS

LUNCH & DINNER



BPF
VIRTUAL

Easy, protein-forward meals that support muscle retention, satiety, and GLP-1-friendly eating.



GRILLED CHICKEN BOWL



CALORIES

520



PROTEIN

45g

- ✓ 6 oz grilled chicken
- ✓ 1/2 cup quinoa
- ✓ 1 cup roasted veggies
- ✓ 1 tbsp olive oil



LEMON GARLIC SALMON



CALORIES

560



PROTEIN

46g

- ✓ 6 oz salmon
- ✓ 1 cup asparagus
- ✓ 1/2 cup brown rice
- ✓ 1 tbsp olive oil
- ✓ lemon & herbs



TURKEY & VEGGIE SKILLET



CALORIES

480



PROTEIN

44g

- ✓ 6 oz ground turkey
- ✓ 1 cup mixed veggies
- ✓ 1/2 cup cauliflower rice
- ✓ 1 tbsp olive oil

SCAN → OPEN IN APP



MEAL PLAN



SIMPLE INGREDIENTS. MUSCLE-SUPPORTING MEALS.



Educational content — not medical advice — consult your healthcare provider.

HIGH-PROTEIN EMERGENCY FOODS LIST



BPF
VIRTUAL

Fast, easy backup foods to help you protect muscle, hit protein, and stay on plan when appetite is low or life gets busy.



1 LOW APPETITE / NAUSEA DAYS

- ✓ Protein shakes (whey isolate)
- ✓ Greek yogurt
- ✓ Cottage cheese
- ✓ Bone broth
- ✓ Smoothies

SCAN → OPEN IN APP



MEAL PLAN



2 TRAVEL / ON THE GO

- ✓ Beef jerky
- ✓ Protein bars (20g+ protein)
- ✓ Tuna or salmon pouches
- ✓ String cheese
- ✓ Hard-boiled eggs



3 STORE & PANTRY STAPLES

- ✓ Canned tuna / chicken
- ✓ Frozen edamame
- ✓ Protein powder
- ✓ Lentils / chickpeas
- ✓ Oats / quinoa



4 HYDRATION & ELECTROLYTES

- ✓ Water 100+ oz daily
- ✓ Electrolyte powder
- ✓ Sugar-free drinks
- ✓ Herbal tea



PRO TIP:

Always have a plan for low appetite or busy days. Stay prepared.



**BACKUP OPTIONS PREVENT MISSED PROTEIN.
PREP SMART. STAY CONSISTENT.**



BEYOND 12 WEEKS: SUSTAIN, EVOLVE, THRIVE



BPF
VIRTUAL



The 12-week system is your launchpad.

What you do next determines your long-term transformation.

THE 3 PHASES OF LONG-TERM SUCCESS



1. MAINTENANCE PHASE (Weeks 13–24)

Build consistency, refine habits, and solidify your results.



2. OPTIMIZATION PHASE (Weeks 25–52)

Take your performance to the next level with advanced training and nutrition.



3. LIFESTYLE PHASE (Beyond 1 Year)

Sustain your results, adapt to life changes, and keep evolving.

KEY PRINCIPLES TO CARRY FORWARD

- ✓ **Consistency Over Perfection**
Small daily actions create massive long-term results.
- ✓ **Progressive Overload Forever**
Always find ways to challenge your body and improve.
- ✓ **Nutrition is a Lifestyle**
It's not a diet. Fuel your body, enjoy food, and stay flexible.
- ✓ **Recovery is Growth**
Sleep, manage stress, and listen to your body.
- ✓ **Track, Adjust, Repeat**
Keep tracking, reviewing, and making smart adjustments.

EMBRACE THE LIFESTYLE

This isn't about finishing a program. It's about building a stronger, healthier, and more confident version of you—forever.

You're not just changing your body. You're changing your life.



LONG-TERM SUCCESS HABITS

- Plan Ahead
- Stay Accountable
- Keep Learning
- Enjoy the Journey
- Celebrate Wins

YOUR NEXT STEPS



KEEP MOVING FORWARD

Never go backward. Your next best version starts today.



SET NEW GOALS

Dream bigger. Set goals that excite and challenge you.



SURROUND YOURSELF WITH SUPPORT

Find a community, coach, or partner to keep you accountable.



LIVE WITH PURPOSE

Your health is the foundation for everything you want in life.



YOU DID THE WORK. NOW ENJOY THE REWARD.

You have the tools, the knowledge, and the mindset. Keep showing up, and your best days are ahead.

You've Got This!



Educational content — not medical advice — consult your healthcare provider.

BPFVIRTUAL.ORG

WHAT TO EXPECT YOUR TRANSFORMATION JOURNEY

Results come from consistency, smart training, and the right habits.
Here's what you can expect when you follow the 12-week system.



BPF
VIRTUAL

THE 12-WEEK TRANSFORMATION TIMELINE

WEEKS 1–4 FOUNDATION



Build consistency, establish habits, and create the foundation for long-term success.

EXPECT TO SEE:

- ✓ More energy
- ✓ Better workouts
- ✓ Improved recovery
- ✓ Small strength gains

WEEKS 5–8 PROGRESS



Increase intensity, push harder, and see noticeable improvements.

EXPECT TO SEE:

- ✓ Strength increases
- ✓ Body composition changes
- ✓ Clothes fitting better
- ✓ More confidence

WEEKS 9–12 LOCK-IN



Maximize results, refine your approach, and lock in new habits for life.

EXPECT TO SEE:

- ✓ Visible physical changes
- ✓ Peak performance
- ✓ Better endurance
- ✓ Stronger mindset



BEYOND 12 WEEKS LIFESTYLE



Sustain your results, continue evolving, and make this your new way of life.

EXPECT TO SEE:

- ✓ Long-term results
- ✓ Lasting habits
- ✓ Ongoing progress
- ✓ A better you, every day



REALISTIC RESULTS. SUSTAINABLE CHANGE.

No quick fixes. No crash diets. No shortcuts.
Just a proven system that works with your body,
your schedule, and your life.

CONSISTENCY TODAY. FREEDOM TOMORROW.

THE MINDSET THAT BUILDS RESULTS



STAY FOCUSED

Distractions don't build results.



TRUST THE PROCESS

The work you put in today creates your tomorrow.



BE PATIENT

Transformation takes time, but it's always worth it.



OVERCOME OBSTACLES

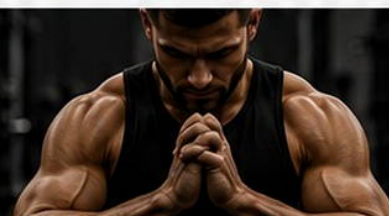
Challenges make you stronger—don't quit, adapt.



BECOME UNSTOPPABLE

The only limits are the ones you accept.

“ THE 12-WEEK PROGRAM ISN'T JUST A PLAN.
IT'S THE START OF A BETTER LIFE.
YOUR FUTURE SELF IS COUNTING ON YOU. ”



Educational content — not medical advice — consult your healthcare provider.

BPFVIRTUAL.ORG