

# Semaglutide Weight Loss Plan

Structured Guide for Dosing, Diet, and Monitoring

## Overview

This guide supports safe use of semaglutide for weight loss, emphasizing medical oversight, diet, and exercise.

## 1 Dosing and Administration

- **Start Low:** 0.25 mg weekly for 4 weeks, increase gradually to maintenance dose.
- **Injection Tips:** Abdomen, thigh, or arm; rotate sites. Store refrigerated.
- **Schedule:** Weekly on the same day; miss a dose? Take within 5 days.

## 2 Diet and Exercise Integration

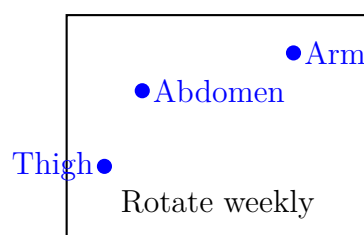
- **Nutrition:** 1,200-1,800 calories/day; prioritize protein, veggies. Avoid high-fat to reduce nausea.
- **Activity:** 30 minutes daily walking; add strength training twice weekly.
- **Hydration:** 8+ glasses water; include electrolyte drinks if needed.

## 3 Side Effect Management

- **Common Issues:** Nausea? Eat small meals, use ginger. Constipation? Increase fiber.
- **Red Flags:** Severe pain or vomitingcontact doctor immediately.

## 4 Progress Monitoring Table

## 5 Visual: Injection Rotation



Week	Weight	Dose (mg)	Side Effects	Notes
1				
2				
3				
4				
5				
6				
7				
8				

Table 1: Monthly Tracker

## Disclaimer

For information; consult your doctor before use.