
COURSE RESOURCE

PROTEIN, FLUID & RECOVERY TARGET WORKSHEET

Client handout | Working With GLP-1 Clients: for Personal Trainers

GLP-1 medications lower appetite, so many clients eat far less without noticing. That makes it easy to under-eat protein and drink too little, which shows up in training as low energy, poor recovery, and muscle loss during weight loss. This worksheet helps you and your coach set simple, bodyweight-based targets and build a realistic day of eating around a smaller appetite.

SCOPE OF PRACTICE

Your coach sets general nutrition habits and training targets and tracks your progress. They do not diagnose conditions, prescribe diets for medical purposes, or adjust your medication or dose. Anything involving your prescription, dosing schedule, or side effects goes to your prescriber. The coaching mantra is recognise, document, refer.

WHY PROTEIN MATTERS MORE ON A GLP-1

When you lose weight, some of that loss can come from muscle unless you protect it. Two things protect muscle: eating enough protein and doing resistance training. On a GLP-1 your appetite is smaller, so protein often gets crowded out first. Setting a target on paper and hitting it deliberately is the single most useful habit in this program.

WHY IT MATTERS

Muscle is what keeps your metabolism, strength, and daily function up while the number on the scale comes down. Protein plus strength training is how we keep the weight you lose coming from fat, not muscle.

STEP 1: FIND YOUR BODYWEIGHT IN KILOGRAMS

Protein targets are set per kilogram of bodyweight. If you know your weight in pounds, divide by 2.2 to get kilograms. Fill this in first because everything else builds on it.

Field

Your number

Bodyweight (lb) _____ lb

Bodyweight (kg) = $\text{lb} \div 2.2$ _____ kg

STEP 2: SET YOUR DAILY PROTEIN TARGET

A practical range for an active adult protecting muscle during weight loss is roughly 1.6 to 2.2 grams of protein per kilogram of bodyweight per day. Pick a starting point with your coach. If appetite is very suppressed early on, start toward the lower end and build up as eating gets easier.

Target level	Grams per kg	Your daily target (kg × g/kg)
Starting / low appetite	1.6 g/kg	_____ g/day
Working target	1.9 g/kg	_____ g/day
Higher / strength focus	2.2 g/kg	_____ g/day

KEY SIGNAL

If you are consistently missing your protein target by a wide margin, or you feel weaker session to session, tell your coach. Chronic under-eating on a GLP-1 is common and worth flagging early — your coach will document it and, if it points to a medical issue, refer you back to your prescriber.

STEP 3: DISTRIBUTE PROTEIN ACROSS THE DAY

With a smaller appetite, one giant protein meal usually will not happen. Spread the target across 3 to 4 smaller feedings so no single meal has to be huge. Aim to eat protein first at each meal, before filling up on other foods.

- Divide your daily target by the number of times you can realistically eat. Example: a 120 g target across 4 feedings is 30 g each.
- Lead with protein at every meal and snack — eat it first while your appetite is highest.
- Keep easy, high-protein options on hand for days appetite is very low: Greek yogurt, cottage cheese, eggs, milk or a protein shake, tuna, deli meat, edamame.
- Liquids often go down easier than solids when appetite is low — a shake or milk can rescue a meal you cannot chew through.

MEAL-BY-MEAL PROTEIN PLAN (FILL IN)

Write in what you will actually eat and the protein each source provides. Totals should add up to your Step 2 target. Adjust portions until the math works.

Meal / feeding	What I'll eat (protein source first)	Protein (g)
Meal 1		_____ g
Meal 2		_____ g
Meal 3		_____ g
Snack / shake		_____ g
Daily total		_____ g
Daily target (from Step 2)		_____ g

STEP 4: FLUID AND ELECTROLYTES AROUND TRAINING

A smaller appetite often means less drinking too, and GLP-1 side effects like nausea can add to fluid loss. Under-hydrating shows up as cramps, dizziness, headache, and flat workouts. Build hydration into your training routine rather than waiting until you feel thirsty.

- Sip water steadily through the day rather than forcing large amounts at once, which can feel worse on a full-feeling stomach.
- Have some fluid before, during, and after training. A rough on-ramp: drink to a pale-yellow urine colour and adjust from there.
- For longer or sweaty sessions, or in the heat, add electrolytes (sodium, potassium) via an electrolyte drink or salting food — plain water alone may not be enough.
- Caffeine and alcohol can add to fluid loss; account for them, especially around hard sessions.

SCOPE OF PRACTICE

General hydration habits are within coaching. Persistent nausea, vomiting, dizziness, or signs of dehydration are not a coaching problem to solve — document them and refer to the client's prescriber or a medical professional.

STEP 5: SLEEP AND RECOVERY

Recovery is when training and protein actually turn into strength and preserved muscle. Aim for a consistent sleep window and give hard training sessions time to recover. This is also where you notice whether your fueling is working.

- Target a regular sleep and wake time, aiming for roughly 7 to 9 hours for most adults.
- Space resistance-training sessions so each major muscle group gets recovery between hard efforts — your coach will program this.
- Track simple recovery markers: morning energy (1-10), session strength vs. last time, soreness, and mood.

Recovery check-in	Your entry
Average sleep (hrs/night)	_____
Morning energy (1-10)	_____
Strength trend (up / flat / down)	_____
Notes for coach	_____

EVIDENCE NOTE

The protein range and the muscle-protection role of resistance training reflect general sports-nutrition guidance for active adults in a calorie deficit; specifics vary by individual. Statements here are kept directional on purpose. The course team will attach verified citations in the final materials.

WHEN TO FLAG IT TO YOUR COACH

- You are regularly hitting well under your protein target.
- You feel weaker or more fatigued in sessions over several weeks.
- You notice ongoing nausea, dizziness, cramps, or trouble keeping fluids down.
- Your weight is dropping fast and strength is dropping with it.

CONSENT

Sharing this worksheet with your coach is your choice. It is used only to guide training and general nutrition coaching and progress tracking — not for medical advice. You can update or stop sharing any of it at any time.