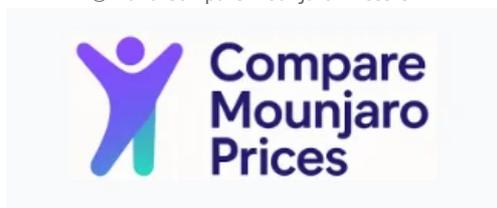


Month	Dose	Med Cost	Consult	Delivery	Other	Total	Running	Weight	Lost
M11	___	£___	£___	£___	£___	£___	£___	___	___
M12	___	£___	£___	£___	£___	£___	£___	___	___
TOTAL		£___	£___	£___	£___	£___			___kg

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12-Month Mounjaro Budget Tracker

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Cost Effectiveness Analysis

Total Cost (12 months):	£ _____
Total Weight Lost (kg):	_____ kg
Cost Per Kilogram Lost:	£ _____ / kg
Average Monthly Cost:	£ _____
Average Weekly Cost:	£ _____

Provider Comparison Tool

Use this to compare your current provider with alternatives. Enter costs for your **current dose**.

Provider	Med Cost	Consult	Delivery	Frequency	Monthly	Annual
Current: _____	£___	£___	£___	___	£___	£___
Option 2: _____	£___	£___	£___	___	£___	£___
Option 3: _____	£___	£___	£___	___	£___	£___
Potential Savings:					£___	£___

Hidden Costs Checklist

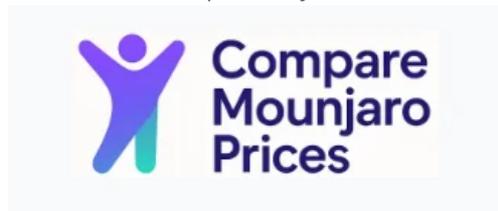
Include these in "Other Costs" column:

- Anti-nausea medication (£5-15/month)
- Supplements (protein powder, vitamins, fibre)
- Sharps bin replacement
- Additional GP appointments
- Blood tests (if not included)
- New clothing due to weight loss
- Travel costs to collect medication
- Storage solutions (mini fridge if needed)

6-Month Budget Projection

Month	Expected Dose	Est. Med Cost	Est. Consult	Est. Total
Month 1	2.5mg	£__	£__	£__
Month 2	5mg	£__	£__	£__
Month 3	7.5mg	£__	£__	£__
Month 4	10mg	£__	£__	£__
Month 5	12.5mg	£__	£__	£__
Month 6	15mg	£__	£__	£__
6-MONTH PROJECTED TOTAL:				£_____

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12-Month Mounjaro Budget Tracker

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UK Provider Pricing Reference (January 2026)

Dose	Budget Range	Mid Range	Premium Range
2.5mg	£150-170	£180-200	£210-230
5mg	£160-180	£190-210	£220-240
7.5mg	£180-200	£210-230	£240-260
10mg	£200-220	£230-250	£260-280
12.5mg	£230-250	£260-280	£290-310
15mg	£260-280	£290-310	£320-350

Prices vary by provider and promotions. This is guidance only – always verify at CompareMounjaroPrices.co.uk/compare-prices/

Budget Planning Tips

Smart Budgeting Strategies:

- **Set aside £250/month** from day one, even if cost is lower initially – creates buffer for dose increases
- **Compare providers every 3 months** – prices and policies change regularly
- **Ask about multi-month discounts** – some providers offer savings for 3-month supplies
- **Factor in consultation frequency** – varies from monthly to quarterly depending on provider
- **Consider maintenance phase costs** – some providers require BMI ≥30 to continue, others more flexible

Cost-Saving Opportunities

Strategy	How It Works	Potential Savings
Shop around providers	Compare 3-5 providers for your dose	£50-100/month
Lower maintenance dose	Drop to 5mg-10mg after hitting goal	£50-150/month
Reduce consult frequency	Move from monthly to quarterly check-ins	£40-80/month average
Bundle deliveries	Order 2-3 months supply if possible	£5-15/month
Refer-a-friend schemes	Some providers offer referral credits	£20-50 one-time

Notes & Observations:

 **Pro Tip:** Track your cost-per-kg-lost alongside total spend. This helps you evaluate whether switching providers or adjusting doses makes financial sense relative to results achieved.