



Your Month 1 Mounjaro Success Checklist

Mounjaro Month 1 Success Checklist

A structured guide for your first 4 weeks on Mounjaro

Your Name:	_____
Start Date:	_____
Starting Weight:	_____
Starting BMI:	_____
Provider:	_____
Prescriber:	_____

Before Your First Injection

- Read patient information leaflet** – All of it, even the scary bits
- Watch official Lilly injection video** – Available at mounjaro.com
- Refrigerate pens immediately** – Between 2-8°C, do not freeze
- Get sharps bin** – Free from pharmacy or GP surgery
- Stock anti-nausea essentials** – Ginger tea, crackers, flat lemonade
- Clear diary for injection day +2** – Plan rest, no major commitments
- Meal prep bland foods** – Soup, plain rice, toast, easily digestible
- Take "before" measurements** – Weight, photos, body measurements
- Set injection reminder** – Same day/time each week

- Inform household members** – Let them know potential side effects
- Check prescriber contact process** – Know how to reach them
- Understand warning signs** – Severe pain, vomiting, vision changes

17 Week-by-Week Tracker

WEEK 1

Date: ___/___/___
Site: Abdomen Thigh Arm
Weight: _____
Side effects: _____

WEEK 2

Date: ___/___/___
Site: Abdomen Thigh Arm
Weight: _____
Side effects: _____

WEEK 3

Date: ___/___/___
Site: Abdomen Thigh Arm
Weight: _____
Side effects: _____

WEEK 4

Date: ___/___/___
Site: Abdomen Thigh Arm
Weight: _____
Side effects: _____

End of Month 1 Assessment

- Weigh yourself** – Record final week 4 weight
- Take progress photos** – Same angles/lighting as "before" photos
- Retake measurements** – Chest, waist, hips, thighs
- Calculate total weight lost** – Starting weight minus current weight
- Assess side effects** – Are they improving, stable, or worsening?
- Schedule check-in with prescriber** – Required before 5mg dose increase
- Order month 2 supply** – Don't run out! Order 1-2 weeks early

Month 1 Results Summary:

Starting Weight: _____ **End Weight:** _____
Total Lost: _____ kg/lb (_____%)
Most Common Side Effects: _____
Biggest Win: _____
Biggest Challenge: _____
Ready for 5mg? Yes No, need more time at 2.5mg

When to Contact Your Prescriber

Contact immediately if you experience:

- Severe abdominal pain (especially upper right or radiating to back)
- Persistent vomiting (unable to keep fluids down for 24+ hours)
- Vision changes or severe eye pain
- Severe allergic reaction (difficulty breathing, facial swelling)
- Signs of dehydration (dark urine, dizziness, very dry mouth)
- Rapid heart rate or chest pain

💡 Top Tips from Successful Users

- ✓ **Eat protein first** – Helps with nausea and preserves muscle
- ✓ **Small, frequent meals** – Better than 3 large meals
- ✓ **Stay hydrated** – 2-3 litres water daily (prevents constipation)
- ✓ **Inject in the morning** – Sleep through peak side effects
- ✓ **Avoid greasy food 48hrs post-injection** – Triggers nausea
- ✓ **Join support groups** – Facebook/Reddit r/Mounjaro communities
- ✓ **Track everything** – Side effects, food, mood. Helps identify patterns
- ✓ **Be patient** – First month is adjustment. Most feel better by month 2

Additional Notes:

CompareMounjaroPrices.co.uk

Informational only – not medical advice

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