

THE GLP-1 WOOP PLANNING TOOL

A structured way to support your body while using GLP-1 medications

Print any of these pages as many times as you'd like, or use them digitally in any note-taking app.

This tool is for educational and self-support purposes only. It does not replace medical care or individualized medical advice. Always follow guidance from your prescribing provider.

What Is WOOP and Why Use It on GLP-1s?

WOOP stands for: “Wish, Outcome, Obstacle, Plan”

It's a simple, science-backed way to move from just thinking about change to actually practicing it.

The GLP-1 WOOP Planning Tool is designed to help you adapt how you eat, move, and respond to your body while using GLP-1 medications.

It is not:

- A food log
- A symptom tracker
- A motivation exercise
- Or a weight loss challenge

It is a behavioral planning tool built to help you:

- Anticipate what will interfere with your health on GLP-1s
- Respond intelligently to body signals
- Protect muscle, metabolism, and long-term health
- And build habits that matter during and even after medication use

GLP-1 medications change appetite, digestion, energy, and how your brain interacts with food. Because of that, old rules about eating and exercise stop making sense.

WOOP gives you a way to plan for that reality instead of reacting to it.

On GLP-1 medications, this matters because:

- Hunger changes
- Energy fluctuates
- Digestion shifts
- And old habits don't always fit your new physiology

Most tools only help you notice what is happening.

WOOP helps you decide what to do when it happens.

It does not rely on motivation or discipline. It assumes obstacles will happen and teaches you how to respond to them in ways that support your body.

That is what makes it effective on GLP-1s.

How to Use the GLP-1 WOOP Planning Tool

This tool works best when used consistently, not intensively.

The power of WOOP is in its simplicity: You are not meant to spend an hour journaling or analyzing. Most WOOPs take just a few minutes to complete.

But what makes WOOP different from ordinary planning/journaling is not the writing. It is the mental rehearsal.

WOOP is built around deliberately picturing four things:

1. What you want
2. Why it matters
3. What will get in the way
4. And how you will respond when it does

That visualization is not optional. It is the part that trains your brain to recognize the obstacle when it appears and to follow through with the plan automatically instead of reactively.

You will create:

- One **Primary** WOOP for your 3–6-month focus
- **Weekly** WOOPs to break that into manageable steps
- **Daily** WOOPs to guide what you practice in real life

Each layer supports the one above it.

- Your **Primary WOOP** defines the **adaptation** you are building.
- Your **Weekly WOOPs** turn that into focused, **realistic priorities**.
- Your **Daily WOOPs** translate those priorities into **behavior** you can actually follow through on.

Once you've written your WOOP for the day or week, take a couple of minutes before bed or while winding down, and actually picture the obstacle showing up and how you carry out your plan in that moment. Not theoretically, but go through the motions. Be very specific.

That short mental rehearsal is what turns WOOP from a worksheet into a behavioral tool.

It is important to note that this is not a manifestation; this is a true science-backed behavioral tool that helps you make honest changes in your life. It replaces guesswork with patterns your brain can recognize and act on automatically. And that is what makes change sustainable.

Primary WOOP

Use this WOOP to define the main adaptation you are building over the next 3–6 months.

Choose one focus only. More than one defeats the purpose.

This is not about chasing every improvement at once. It is about identifying the one change that will make everything else easier or more stable.

This Primary WOOP gives direction to all of your Weekly and Daily WOOPs.

Pick something that is:

- Meaningful
- Realistic
- And biologically relevant to how GLP-1s affect you

Then commit to practicing it long enough to learn from it.

PRIMARY WOOP: 3–6 Month GLP-1 Adaptation Focus

Goal: _____

Time Period _____

WISH: *What adaptation do I want my body to make while using GLP-1s?*

This is not just about a number on the scale. This is about how your body learns to function during weight loss.

OUTCOME: *If this happens, how will my health and daily life improve?*

Think in terms of:

- Energy
- Strength
- Digestion
- Confidence in your body
- Long-term maintenance
- Healthy Habits

OBSTACLE: *What is most likely to interfere with this adaptation?*

Be specific and realistic.

PLAN: *If that obstacle shows up, what will I do instead?*

This is where change actually happens.

SKILL I AM BUILDING: *What skill am I developing over the next 3–6 months?*

Examples: Learning to cook healthy meals, fueling with low appetite, training with fatigue, adjusting fiber, eating consistently.

Notes:

Weekly WOOP

Turning your long-term adaptation into one focused week

Use this once per week and choose one focus only.

This will help you translate your long-term GLP-1 adaptation into something manageable and realistic for this week.

You are not trying to fix everything at once.

You are practicing one thing well enough to learn from it.

Weekly WOOP

Week of: _____

WISH: *What is one thing I want to improve/practice this week that supports my main WOOP?*

Think in terms of:

- Eating patterns/Fueling
- Movement
- Recovery
- Noticing & responding to symptoms

OUTCOME: *If this happens, what improves for my body right now?*

Try to tie this to function, not appearance. Examples:

- More stable energy
- Improved digestion
- Less weakness
- Better training

OBSTACLE: *What is most likely to interfere with this focus this week?*

Plan for reality, not ideal conditions. Examples:

- Low appetite/Nausea/Digestive Issues
- Fatigue
- Busy schedule
- Pain or discomfort

PLAN: *If that obstacle shows up, what will I do instead?*

This is where behavior changes. Your plan should be: Specific | Small | Supportive of your body

SKILL I AM PRACTICING THIS WEEK *Choose one skill only..*

Plan for reality, not ideal conditions. Examples:

- Eating even when hunger is low
- Adjusting fiber - not skipping meals
- Fueling/Hydrating before movement
- Training at a lower intensity - but not stopping

Notes:

Daily WOOP

Supporting your body in real life, one day at a time.

Use this once per day. This should take 2–3 minutes.

The daily intent section helps you respond intelligently to your body today, not to manage your entire life or prove anything.

DAILY INTENT: Day 1

Date/Time: _____

WISH: *What is one small thing today that supports this week's focus?*

This should connect directly to your Weekly WOOP. Examples:

- Drink fluids if I am feeling fatigued
- Add a protein source
- Do a short strength session
- Choose gentler fiber

OUTCOME: *If I do this today, what improves for my body right now?*

Keep this grounded in function. Examples:

- More stable energy later
- More usable strength
- Easier Recovery
- Better sleep

OBSTACLE: *What is most likely to get in the way today?*

Be specific and honest. Examples:

- No time
- Forgetting to eat
- Fatigue/ Nausea
- Emotional resistance

PLAN: *If that happens, what will I do instead?*

Your plan should be: Small | Specific | Supportive. Examples:

- If I forget to eat, I'll eat when I remember instead of waiting
- If I'm too tired for a full workout, I'll shorten it instead of skipping
- If I feel nauseous, I'll switch food texture instead of avoiding food
- If I'm not hungry, I'll eat something simple rather than nothing

ONE THING I NOTICED ABOUT MY BODY TODAY

This is not about good or bad; it's observation, not judgment.

Notes:

DAILY INTENT: Day 2

Date/Time: _____

WISH: *What is one small thing today that supports this week's focus?*

This should connect directly to your Weekly WOOP. Examples:

- Drink fluids if I am feeling fatigued
- Add a protein source
- Do a short strength session
- Choose gentler fiber

OUTCOME: *If I do this today, what improves for my body right now?*

Keep this grounded in function. Examples:

- More stable energy later
- More usable strength
- Easier Recovery
- Better sleep

OBSTACLE: *What is most likely to get in the way today?*

Be specific and honest. Examples:

- No time
- Forgetting to eat
- Fatigue/ Nausea
- Emotional resistance

PLAN: *If that happens, what will I do instead?*

Your plan should be: Small | Specific | Supportive. Examples:

- If I forget to eat, I'll eat when I remember instead of waiting
- If I'm too tired for a full workout, I'll shorten it instead of skipping
- If I feel nauseous, I'll switch food texture instead of avoiding food
- If I'm not hungry, I'll eat something simple rather than nothing

ONE THING I NOTICED ABOUT MY BODY TODAY

This is not about good or bad; it's observation, not judgment.

Notes:

DAILY INTENT: Day 3

Date/Time: _____

WISH: *What is one small thing today that supports this week's focus?*

This should connect directly to your Weekly WOOP. Examples:

- Drink fluids if I am feeling fatigued
- Add a protein source
- Do a short strength session
- Choose gentler fiber

OUTCOME: *If I do this today, what improves for my body right now?*

Keep this grounded in function. Examples:

- More stable energy later
- More usable strength
- Easier Recovery
- Better sleep

OBSTACLE: *What is most likely to get in the way today?*

Be specific and honest. Examples:

- No time
- Forgetting to eat
- Fatigue/ Nausea
- Emotional resistance

PLAN: *If that happens, what will I do instead?*

Your plan should be: Small | Specific | Supportive. Examples:

- If I forget to eat, I'll eat when I remember instead of waiting
- If I'm too tired for a full workout, I'll shorten it instead of skipping
- If I feel nauseous, I'll switch food texture instead of avoiding food
- If I'm not hungry, I'll eat something simple rather than nothing

ONE THING I NOTICED ABOUT MY BODY TODAY

This is not about good or bad; it's observation, not judgment.

Notes:

DAILY INTENT: Day 4 Date/Time: _____

WISH: *What is one small thing today that supports this week's focus?*

This should connect directly to your Weekly WOOP. Examples:

- Drink fluids if I am feeling fatigued
- Add a protein source
- Do a short strength session
- Choose gentler fiber

OUTCOME: *If I do this today, what improves for my body right now?*

Keep this grounded in function. Examples:

- More stable energy later
- More usable strength
- Easier Recovery
- Better sleep

OBSTACLE: *What is most likely to get in the way today?*

Be specific and honest. Examples:

- No time
- Forgetting to eat
- Fatigue/ Nausea
- Emotional resistance

PLAN: *If that happens, what will I do instead?*

Your plan should be: Small | Specific | Supportive. Examples:

- If I forget to eat, I'll eat when I remember instead of waiting
- If I'm too tired for a full workout, I'll shorten it instead of skipping
- If I feel nauseous, I'll switch food texture instead of avoiding food
- If I'm not hungry, I'll eat something simple rather than nothing

ONE THING I NOTICED ABOUT MY BODY TODAY

This is not about good or bad; it's observation, not judgment.

Notes:

DAILY INTENT: Day 5 Date/Time: _____

WISH: *What is one small thing today that supports this week's focus?*

This should connect directly to your Weekly WOOP. Examples:

- Drink fluids if I am feeling fatigued
- Add a protein source
- Do a short strength session
- Choose gentler fiber

OUTCOME: *If I do this today, what improves for my body right now?*

Keep this grounded in function. Examples:

- More stable energy later
- More usable strength
- Easier Recovery
- Better sleep

OBSTACLE: *What is most likely to get in the way today?*

Be specific and honest. Examples:

- No time
- Forgetting to eat
- Fatigue/ Nausea
- Emotional resistance

PLAN: *If that happens, what will I do instead?*

Your plan should be: Small | Specific | Supportive. Examples:

- If I forget to eat, I'll eat when I remember instead of waiting
- If I'm too tired for a full workout, I'll shorten it instead of skipping
- If I feel nauseous, I'll switch food texture instead of avoiding food
- If I'm not hungry, I'll eat something simple rather than nothing

ONE THING I NOTICED ABOUT MY BODY TODAY

This is not about good or bad; it's observation, not judgment.

Notes:

DAILY INTENT: Day 6

Date/Time: _____

WISH: *What is one small thing today that supports this week's focus?*

This should connect directly to your Weekly WOOP. Examples:

- Drink fluids if I am feeling fatigued
- Add a protein source
- Do a short strength session
- Choose gentler fiber

OUTCOME: *If I do this today, what improves for my body right now?*

Keep this grounded in function. Examples:

- More stable energy later
- More usable strength
- Easier Recovery
- Better sleep

OBSTACLE: *What is most likely to get in the way today?*

Be specific and honest. Examples:

- No time
- Forgetting to eat
- Fatigue/ Nausea
- Emotional resistance

PLAN: *If that happens, what will I do instead?*

Your plan should be: Small | Specific | Supportive. Examples:

- If I forget to eat, I'll eat when I remember instead of waiting
- If I'm too tired for a full workout, I'll shorten it instead of skipping
- If I feel nauseous, I'll switch food texture instead of avoiding food
- If I'm not hungry, I'll eat something simple rather than nothing

ONE THING I NOTICED ABOUT MY BODY TODAY

This is not about good or bad; it's observation, not judgment.

Notes:

DAILY INTENT: Day 7

Date/Time: _____

WISH: *What is one small thing today that supports this week's focus?*

This should connect directly to your Weekly WOOP. Examples:

- Drink fluids if I am feeling fatigued
- Add a protein source
- Do a short strength session
- Choose gentler fiber

OUTCOME: *If I do this today, what improves for my body right now?*

Keep this grounded in function. Examples:

- More stable energy later
- More usable strength
- Easier Recovery
- Better sleep

OBSTACLE: *What is most likely to get in the way today?*

Be specific and honest. Examples:

- No time
- Forgetting to eat
- Fatigue/ Nausea
- Emotional resistance

PLAN: *If that happens, what will I do instead?*

Your plan should be: Small | Specific | Supportive. Examples:

- If I forget to eat, I'll eat when I remember instead of waiting
- If I'm too tired for a full workout, I'll shorten it instead of skipping
- If I feel nauseous, I'll switch food texture instead of avoiding food
- If I'm not hungry, I'll eat something simple rather than nothing

ONE THING I NOTICED ABOUT MY BODY TODAY

This is not about good or bad; it's observation, not judgment.

Notes:

END-OF-WEEK REFLECTION

Learning from your body, not grading your behavior.

Use this once per week. The goal is not to judge the week but to understand what your body responded to.

What supported my body best this week?

Think in terms of:

- Energy
- Consistency
- Strength
- Recovery

What made things harder or less predictable?

This is about identifying patterns.

What did I learn about my body on GLP-Is this week?

Examples:

- I need more structure than I thought
- Skipping meals affects my energy more than I realized
- Nausea changes with food texture more than food volume
- I felt warmer when my body got more nutrients through food

One small & specific adjustment I will carry into next week:

One thing I did well for my health this week:

This matters even if my weight did not change.

Notes:

END-OF-WOOP PERIOD REFLECTION

What My Body Learned

Use this at the end of your 3–6-month focus. This is not about whether you “achieved” your goal. It is about what your body learned and what you built.

Did I move closer to my main adaptation focus?

All three answers are useful.

☐

Yes

☐

Somewhat

☐

Not yet

What improved in how my body feels or functions?

Examples:

- Better digestion
- More predictable eating
- More strength
- Better recovery

What skills did I actually build?

Examples:

- Training even with fatigue
- Eating consistently
- Adjusting fiber or volume
- Listening to body signals without panic

What still feels challenging or unclear?

This is useful information, nothing more.

What do I want to carry forward into the next phase?

This is where behavior becomes sustainable.

One thing I am proud of building during this time:

What you learned or practiced.

Notes:

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Sample 1

Primary WOOP

Goal: Strength training twice per week to protect my muscle.

Primary GLP-1 WOOP (3–6 Months)

Wish: I want to strength train consistently so I protect muscle while losing weight on GLP-1s.

Outcome: I feel stronger, less weak, and more confident in how my body moves.

Obstacle: Fatigue and low energy make me skip workouts or put them off.

Plan: If I feel too tired for a full session, I will still do a shorter, lower-intensity version instead of skipping completely. I will also make sure I am eating enough protein and carbs for energy.

Skill I'm Building: Maintaining muscle through consistency, not intensity.

Sample 1

Weekly WOOP

Goal: Supporting my primary goal.

Wish: Complete two strength sessions this week.

Outcome: I support muscle and keep my metabolism more stable.

Obstacle: After-work fatigue makes it easy to cancel workouts.

Plan: If I feel wiped out after work, I will shorten the session instead of canceling it, or try to exercise before work.

Skill Practiced: Choosing doable solutions and consistency over perfection.

Sample 1

Daily WOOP

Goal: Supporting my weekly goal.

Wish: Do a 30-minute strength session today.

Outcome: I feel strong and more stable in my body.

Obstacle: Low energy and lack of motivation today.

Plan: If I don't feel up for a full session, I will take a short walk or do 10 minutes of focused strength work instead of nothing. I will also make sure my recovery and sleep are on point.

One Thing I Noticed: Even a short session made me feel less stiff and more capable.

Sample 2

Primary WOOP

Goal: Eating enough despite nausea.

Primary GLP-1 WOOP (3–6 Months)

Wish: I want to consistently eat enough to support my body even when I feel nauseous on GLP-1s.

Outcome: My energy is steadier, I feel less weak, my body doesn't feel stressed or depleted, and I am not always freezing!

Obstacle: Low appetite and nausea make me avoid food or delay meals.

Plan: If nausea makes food unappealing, I will switch to gentler, warmer, easier-to-digest foods instead of skipping meals.

Skill I'm Building: Fueling my body even when my appetite is unreliable to rebuild my relationship with nutrition.

Sample 2

Weekly WOOP

Goal: Supporting my primary goal.

Wish: Eat consistent, structured meals each day this week.

Outcome: My body will feel warmer, more stable, and less drained.

Obstacle: I can't tolerate three large meals.

Plan: If it feels uncomfortable to eat three large meals, I will eat a few small meals throughout the day instead.

Skill Practiced: Maintaining structure without relying on hunger or following a rigid plan.

Sample 2

Daily WOOP

Goal: Supporting my weekly goal.

Wish: Eat lunch today even if I'm not hungry.

Outcome: I will have more energy later and feel less cold.

Obstacle: No appetite and mild nausea around midday.

Plan: If solid food feels unappealing, I will choose a warm soup or soft protein instead of skipping the meal.

One Thing I Noticed: I felt warmer, had more energy, and didn't crash in the afternoon when I ate lunch.