

🔗 GLP-1 CLASS SYLLABUS: HOW TO EAT & LIVE 📖 📅 ⚡

UNIT 1: CREATING A HEALTHY LIFESTYLE 🌱 😊

- **WEEK 1: GETTING STARTED** 🚀 📄
 - ◆ **Setting standards**
 - ◆ **Mindset check**
 - ◆ **Goals that stick** 🎯
 - **WEEK 2: NUTRITION FOUNDATIONS** 🗣️ 🥑 🥑
 - ◆ **Macros & micros** 🔍 🥕
 - ◆ **Meal timing** 🕒 📄
 - ◆ **Fueling your body right** 🍌
 - **WEEK 3: YOUR NEW RELATIONSHIP WITH FOOD (PART 1)** 🍏 ⚡ ❤️
 - ◆ **Breaking bad patterns** 🚫 🍌
 - ◆ **Understanding reward hunger** 🍫 ⚡
 - ◆ **Mindful eating** 🧠 🥗
 - **WEEK 4: GETTING ACTIVE** 🏃 🍌 🍌
 - ◆ **Movement as medicine** 🏃 🍌
 - ◆ **Strength + cardio combo** 🏋️ 🏃
 - ◆ **Consistency > intensity** 📅
 - **WEEK 5: DISCIPLINE OVER MOTIVATION** 🧠 🍌 🍌
 - ◆ **Standards > feelings**
 - ◆ **Daily rituals** ✅
 - ◆ **Execution mindset** ⚡
-
-

UNIT 2: BUILDING LASTING CHANGE 🏠 🌞

- **WEEK 6: HYDRATION & SLEEP** 💧 😴
 - ◆ **Water as fuel** 💧
 - ◆ **Sleep hacks** 🛏️ 🧘
 - ◆ **Recovery & energy** 🏠
- **WEEK 7: STRESS RESILIENCE** 🧘 🧠 🍌
 - ◆ **Mental toughness** 🧠 🍌
 - ◆ **Coping strategies** ⚡
 - ◆ **Staying calm under pressure** 🌊
- **WEEK 8: METABOLISM & MYTHS VS FACTS** 🧠 🍌
 - ◆ **Metabolic truth bombs** ⚡

- ◆ GLP-1 + your body ⚡
- ◆ Science > hype 📊
- WEEK 9: ENVIRONMENTAL MESSAGES 🌍💡
 - ◆ What shapes your choices 🧠
 - ◆ Direct vs. indirect influence 👤👁️
 - ◆ Take control of your environment 🏠⚡
- WEEK 10: UNDERSTANDING HABITS 🔄🔥
 - ◆ Habit loops 🌀
 - ◆ Keystone habits 🔑
 - ◆ Replace, don't remove 🚀

UNIT 3: MASTERING YOUR HEALTH 🏆👤🌟

- WEEK 11: OPTIMIZING NUTRITION 🥗🔥🔍
 - ◆ Meal prep hacks 📦
 - ◆ Tracking progress 📊
 - ◆ GLP-1 + smart eating strategies 📝🌟
- WEEK 12: BODY IMAGE 🧠👤❤️
 - ◆ Reality vs perception 🧠
 - ◆ Ownership of results ⚡
 - ◆ Confidence through standards 🏆
- WEEK 13: OVERCOMING PLATEAUS 🚧🔥
 - ◆ Identify roadblocks 🚫
 - ◆ Adjust, execute, repeat 🔄👤
 - ◆ Mindset > scale numbers 🧠🌟
- WEEK 14: NEW COPING STRATEGIES 🧠⚡
 - ◆ Mental toughness drills 🏋️🧠
 - ◆ GLP-1 + mindset alignment 📝🌟
 - ◆ Stress mastery 🔥🧠
- WEEK 15: YOUR NEW RELATIONSHIP WITH FOOD (PART 2) 🍏❤️🌟
 - ◆ Solidifying habits 🏆
 - ◆ Long-term success strategies 📊
 - ◆ Food freedom without guilt ⚡👤

🌟👤🌟 **TAKEAWAY:** This isn't about feelings. It's about standards, execution, and results. **No excuses. No fluff. Only action.** 🔥⚡