



NovaBody Medical

6-Month Weight Management Plan

Patient Name: Aidan Morgan

Age: 43 years **Date of Birth:** Not provided

Height: 197 cm **Current Weight:** 165 kg **BMI:** 42.5 (Obese Class III)

Activity Level: Sedentary

Target Loss Rate: ≈ 1 kg/week **Projected 6-Month Loss:** ≈ 26 kg **Goal Weight:** 140 kg

Medications: Mounjaro 2.5 mg weekly (4-week review to consider 5 mg weekly depending on response)

Other Medication: Vyvanse (for ADHD)

Plan Type: Telehealth Care – No in-person appointments required

Aidan, this plan has been designed specifically for you to complete **entirely via telehealth**, giving you flexibility wherever you are. At 43, you're making an important investment in your health and longevity. Your starting point of 165 kg means results will come steadily – we've intentionally structured this plan for **sustainable fat loss without rebound**, aiming for approximately 1 kg per week.

It's natural to feel like you could push for more aggressive weight loss, but experience shows that overly rapid change often triggers fatigue, plateaus, or regaining weight later. This plan focuses on consistency and preserving muscle mass – ensuring the 25–26 kg you lose stays off and becomes your new baseline of health.

Your 3 Focus Points

1. Nutrition Focus – Fuel for Results

- Lean protein at each meal (≥ 160 g/day).
- Whole, unprocessed foods – vegetables, fruit, legumes, grains, lean meats.
- Follow the hand guide: 1 palm protein, 1 fist veg, 1 cupped carb, 1 thumb fat.
- Minimise liquid calories and refined snacks.

2. Movement Focus – Progress, Not Perfection

- Begin with gentle movement and gradually build strength and stamina.

- Walk daily (where possible), use step tracking for motivation.
- Incorporate home-based resistance training with bands or body weight.

3. Mindset Focus – Consistency Over Perfection

- Reframe setbacks as data, not failure.
- Use self-check-ins via telehealth to keep accountable.
- Celebrate non-scale wins – better focus, sleep, and energy.

Your Daily Eating Pattern

Goal	Target
Calories	≈ 2 200 kcal/day (sustainable deficit)
Protein	≈ 160–170 g/day (1.8 g/kg ideal body weight)
Fibre	25–30 g/day
Fluids	2.5–3 L water/day
Hand Guide	Palm = Protein, Fist = Veg, Cupped Hand = Carbs, Thumb = Fats

7-Day Example Menu (≈ 2 200 kcal/day)

Day 1

- Breakfast – High-protein oats (½ cup rolled oats + 30 g protein powder + berries + 1 tsp almond butter) ~400 kcal
- Snack – Greek yoghurt (200 g) + walnuts (20 g) ~250 kcal
- Lunch – Grilled chicken breast (150 g) + quinoa (½ cup) + salad ~500 kcal
- Snack – Apple + boiled egg ~200 kcal
- Dinner – Lean beef stir-fry (150 g beef + mixed veggies + brown rice ¾ cup) ~600 kcal

Day 2

- Breakfast – Scrambled eggs (3 eggs + spinach/tomato) + 1 slice wholegrain toast ~400 kcal
- Snack – Protein shake + banana ~250 kcal
- Lunch – Tuna salad + wholemeal wrap ~450 kcal
- Snack – Cottage cheese (150 g) + berries ~200 kcal
- Dinner – Baked salmon (150 g) + sweet potato (1 cup) + broccoli ~600 kcal

(Days 3–7 rotate similar meals with different proteins and veggies; 1 flex meal per week ≈ 800 kcal.)

Movement Plan (Adapted for Remote Support)

Weeks 1–4 – Foundation

- 20–30 min brisk walk most days (indoors treadmill or outdoors).
- 2 body-weight sessions (YouTube guided or NovaBody PDF home routine).
- Light stretching each evening.

Weeks 5–12 – Building

- 30–40 min cardio (5 days/week).
- 3 resistance sessions using bands or dumbbells (progressive load).
- Introduce 1 HIIT-style interval session as tolerated.

Weeks 13–24 – Maintenance & Progression

- 40–50 min cardio (5–6 days/week).
- 3–4 full-body strength sessions.
- 1 recovery session (yoga or mobility work).

Medication & Safety Notes

- Continue Mounjaro weekly on same day. If nausea occurs, eat small, simple meals and avoid greasy foods.
- Hydration and protein intake are essential for muscle retention while on GLP-1.
- Monitor sleep, focus, and heart rate with Vyvanse.
- Stop exercise if dizzy, short of breath, or chest pain develops.
- Contact Dr Premila via telehealth if symptoms persist > 24 hrs.

Telehealth Check-Ins & Review Schedule

Timeline	Type	Focus
Week 2	Telehealth video	Initial response to Mounjaro, side-effects, hydration status
Week 4	Telehealth review	Possible dose increase to 5 mg weekly
Month 3	Extended telehealth session	Progress tracking (weight, waist, labs, energy)
Month 6	Telehealth maintenance review	Transition to long-term plan / weight stabilisation

Aidan, the key to this plan is patience and precision. Losing around 25 kg over six months may sound modest for your starting point, but it reflects a deliberate focus on **safety and sustainability**. Rapid weight drops can trigger metabolic slowdown and rebound weight gain — we’re avoiding that cycle. By staying consistent with nutrition, hydration, and movement, you’ll see steady progress that lasts.

You’re doing the hardest part right now — starting. Stay connected via telehealth for support and adjustments along the way. Remember, success is measured not just in kilograms but in energy, sleep, confidence, and control over your own health.

Dr Premila Hewage | www.NovaBodyMedical.com.au

Telehealth only – 2-week check-in · 4-week review · 3-month follow-up · 6-month maintenance

Plan created on : 11 Nov 2025