



### Patient

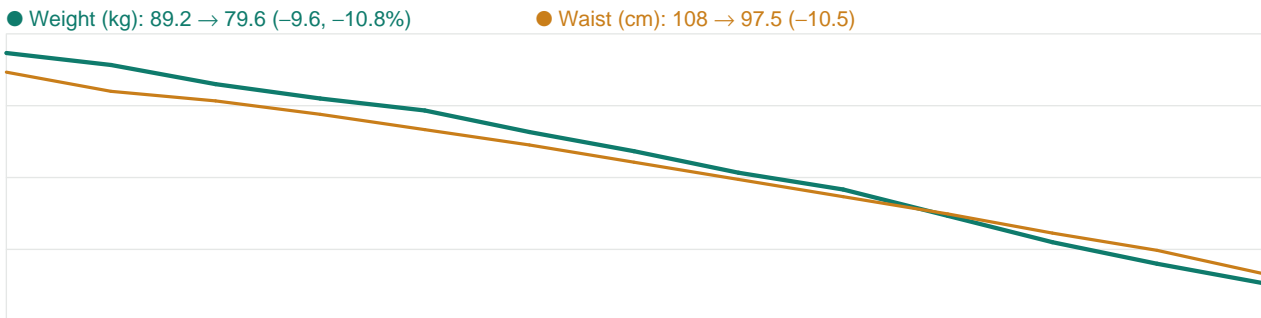
Sample patient · Female · 38 · 168 cm · Starting weight 89.2 kg  
Medical aid: Discovery Health Classic Saver · Prescriber: Dr [name], Sandton

### Medication

#### Compounded semaglutide (10 mg/mL vial)

Weekly injection · started 24 Feb 2026 · current dose 1.0 mg (escalated wk 4, 7, 10)  
Missed shots in window: 1 of 12 · Last shot: 17 May 2026

### Weight + body composition trend (12 weeks)



Week 1 · Week 4 · Week 8 · Week 12 | Body-fat estimate: 38% → 33% | Visceral: 11 → 8

### Side-effect timeline (colour-coded)

	W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
Nausea	Orange	Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange
Fatigue	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange
Constipation	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange
Sleep issues	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange	Light Orange

### Protein adherence + training frequency

Daily protein target 1.2 g/kg = 107 g/day · 4-week average: 98 g/day · Adherence ≥80% target: 71% of days  
Resistance training: 28 sessions in 12 weeks (2.3/week ave) · Cardio: 14 sessions · Step ave: 7,200/day

**Muscle Guard Score: 78 / 100 · On track**  
Protein adherence 71 · Training frequency 75 · Weight trend 85 · Body composition 82 · Trend: rising

### Patient notes

Plateau weeks 9–10 broke last week. Sulphur burps appeared at 1.0 mg escalation but resolved.  
Sleep improving from week 8 onward. Knee niggle on squats — easing weight, holding frequency.