
Handover Plan and Red-Line Sheet

Use this when you plan to stop the medicine (Chapters 7 and 8).
Fill in the first part **before** your stop date.

The pre-landing checklist

- ☐ I've talked with my doctor about stopping.
- ☐ I know why I'm stopping, and I've written it down.
- ☐ I've been doing strength training at least twice a week, consistently, for several weeks.
- ☐ Every meal starts with a portion of protein.
- ☐ I've taken my three numbers this week.
- ☐ I've set my reminder line and my red line.
- ☐ I've written down what I'll do when I reach each line.
- ☐ I have a scale, a fixed weekly weigh-in day, and somewhere to write it down.
- ☐ Someone I trust knows this plan.
- ☐ I've written a letter to myself six months from now.

Red-line sheet

Date I stopped the medicine

Lowest weight _____ kg

Reminder line _____ kg

When I reach the reminder line,
I will

Red line ▼ _____ kg

When I reach the red line, I will See my doctor within ____
weeks, bringing this sheet and
my three-numbers tracker

Someone who knows this plan

12 weeks before stopping: strength training twice a week; protein first at every meal; practice telling real hunger from cravings; walk every day.

Stop day: tell your doctor; take your three numbers; write down your lowest weight; write a letter to six-months-from-now.

12 weeks after stopping: weigh yourself weekly, same day, same time; keep your training schedule; protein and vegetables first, don't skip meals; sleep enough; take your three numbers every month.

A letter to yourself six months from now (seal it and write the opening date on the envelope): why I stopped; what I built; how I hope I'll feel; one sentence I'll want to hear on a hard day.
