



# Prescription + Purpose: A Lifestyle Plan That Sticks.

A simple, supported path to weight loss and lasting change.

## { Start with OrderlyMeds

 Get the prescription. Start the process.

Order the best GLP-1 medication through a secure online visit. Fast, doctor-approved, and focused on your health goals.



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## { Build Habits That Support the Change

 Track the things that matter every day.

Use the Time Bandit App to reinforce healthy behavior with 3 habit pillars:


**Movement** – Stay active, even just walking

**Meditation** – Manage stress & clarity

**Moderation** – Eat and live with intention

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## { Try This Exercise Plan Prompt

 Build a fitness plan that matches your new lifestyle:

“Create a weekly workout plan for someone on GLP-1s focused on strength, low-impact cardio, and recovery. I’m [insert fitness level] and can commit [days/time] per week. Include tips for low energy days.”

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## { Unlock the Time Bandit Bundle

 Don’t just take medication—build your plan.

While waiting on Meds to arrive. Get access to Time Bandit Training + App. Learn how to connect your transformation to your personal values—like health, family, confidence, and control.



2


## { Try This Meal Plan Prompt

 Let AI help you eat smarter while on GLP-1 meds:

“Create a 7-day meal plan for someone on GLP-1 meds that supports healthy weight loss, reduces nausea, and includes high-protein, fiber-rich foods. Make it simple to prep and realistic for lower appetite.”

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## { The New You Starts Now

 When prescription meets purpose, real change sticks.

You’re not just losing weight, you’re gaining structure, self-belief, and momentum.

With OrderlyMeds + Time Bandit, you're not doing this alone.

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