

# M5.1 — Lesson Package Index

## M5.1 — Lesson Package Index

The M5.1 video lesson is the centerpiece. This index tracks every supporting document that ships alongside it.

**Lesson:** Pharmacology of Weight-Loss Peptides **Video:** Internal/Module-5-Video-Pipeline/remotion/out/M5.1-FINAL.mp4 (v10, 33:30) **Audience:** Clinicians (primary), biohackers, anyone with a peptide-prescribing decision

### Doc status

#	Title	Audience	Location	Status	Dr. Gross sign-off	Legal review
0	This index	—	m5-content/M5.1/	✅ live	—	—
1	Baseline Labs Checklist	Clinician	clinical-tools/	● draft ready for review	recommended	—
2	Phenotype → Peptide Decision Matrix	Clinician	clinical-tools/	● draft ready for review	<b>required</b>	—
3	Compounding Pharmacy Quality Audit Checklist	Clinician	clinical-tools/	● draft ready for review	recommended	—
4	Reconstitution One-Pager	Clinician + patient	clinical-tools/	● draft ready for review	recommended	—

#	Title	Audience	Location	Status	Dr. Gross sign-off	Legal review
5	Hormone-Optimization Peptide Reference Card	Clinician	reference-cards/	🟢 draft ready for review	<b>required</b>	—
6	Informed Consent Template (compounded peptide)	Clinician (gives to patient)	clinical-tools/	🟢 draft ready for review	recommended	<b>require</b>
7	Patient Handout — What to Expect on Semaglutide	Patient	patient-materials/	🟢 draft ready for review	recommended	—
8	Patient Handout — Self-Injection Technique	Patient	patient-materials/	🟢 draft ready for review	recommended	—
9	Trial Portfolio Summary Cards	Clinician + biohacker	reference-cards/	🟢 draft ready for review	not required (citations only)	—
10	5 Safety Fronts Deep Dive	Clinician	reference-cards/	🟢 draft ready for review	<b>required</b>	—
11	M5.1 Knowledge Check (CME-style)	All learners	m5-content/M5.1/assessments/	🟢 draft ready for review	<b>required</b>	—

**Legend:** ⌚ pending · 🟡 drafting · 🟢 draft ready for review · 🧑 with Dr. Gross · ⚖️ with legal · ✅ live

## Routing checklist for Daria

**To Dr. Gross (4 docs requiring his clinical sign-off):** - Doc 2 — Phenotype → Peptide Decision Matrix - Doc 5 — Hormone-Optimization Peptide Reference Card (*arriving shortly*) - Doc 10 — 5 Safety Fronts Deep Dive (*arriving shortly*) - Doc 11 — M5.1 Knowledge Check








**Recommended also to Dr. Gross for clinical accuracy (4 docs):** - Doc 1 — Baseline Labs Checklist (thresholds, add-ons) - Doc 3 — Compounding Pharmacy Audit (red-flag thresholds) - Doc 4 — Reconstitution One-Pager (clinical instructions, dose math) - Doc 6 — Informed Consent (risk-disclosure thresholds + safety framing) - Doc 7 — Patient Handout: Semaglutide expectations (clinical accuracy) - Doc 8 — Patient Handout: Self-Injection Technique (clinical accuracy)





**To legal counsel (1 doc):** - Doc 6 — Informed Consent Template (state-specific compliance, off-label disclosure language, witness requirements, malpractice carrier alignment)

**Operational only (no clinical sign-off blocker):** - Doc 9 — Trial Portfolio Cards (all citations primary-source verified)

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## Build order (executed)

**Wave 1 — operational (no clinical bottleneck) —**  **DONE:** 1.  Doc 1: Baseline Labs Checklist 2.  Doc 3: Compounding Pharmacy Quality Audit Checklist 3.  Doc 4: Reconstitution One-Pager 4.  Doc 7: Patient Handout — What to Expect on Semaglutide 5.  Doc 8: Patient Handout — Self-Injection Technique 6.  Doc 9: Trial Portfolio Summary Cards

**Wave 2 — needs Dr. Gross sign-off — IN PROGRESS:** 7.  Doc 2: Phenotype → Peptide Decision Matrix 8.  Doc 5: Hormone-Optimization Peptide Reference Card (*agent in flight*) 9.  Doc 10: 5 Safety Fronts Deep Dive (*agent in flight*) 10.  Doc 11: M5.1 Knowledge Check

**Wave 3 — needs legal review — DRAFT DONE:** 11.  Doc 6: Informed Consent Template

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## Reuse beyond M5.1

These carry forward into M5.2–M5.7+:

- Doc 9 (Trial Portfolio Cards): used by every lesson that references a trial
  - Doc 10 (Safety Fronts Deep Dive): referenced by every compound lesson
  - Doc 3 (Compounding Audit): referenced any time compounded prep comes up
  - Doc 4 (Reconstitution One-Pager): referenced anywhere reconstitution is taught
  - Doc 5 (Hormone-Optimization Reference): referenced any time peptide therapy is contextualized against hormone optimization
  - Doc 7/8 (Patient handouts): templates for tirzepatide, liraglutide, retatrutide etc. handouts when those lesson packages ship
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# How to use this package as a clinician

- 1. **Before consulting on M5.1 content:** watch the video + skim Doc 9 (trial cards) + Doc 10 (safety)
- 2. **At baseline visit with a patient:** print Doc 1 (labs) + Doc 6 (consent template)
- 3. **At prescription decision:** consult Doc 2 (phenotype matrix) and Doc 3 if compounded
- 4. **At patient education visit:** hand Doc 7 (semaglutide expectations) + Doc 8 (injection technique) + Doc 4 (reconstitution if compounded)
- 5. **For continuing education credit:** complete Doc 11 (knowledge check)

## Update log

Date	Change
2026-05-26	Package scoped; folders created; index live
2026-05-26	Docs 1, 3, 4 shipped (operational tier 1)
2026-05-26	Docs 6, 7, 8, 9, 11 shipped
2026-05-26	Doc 2 shipped via agent
2026-05-26	Docs 5, 10 in-flight via agents
2026-05-26	Docs 5 + 10 landed — <b>all 11 docs draft-complete (32,647 words)</b>
2026-05-26	Dr. Gross review packet prepared ( M5.1-DR-GROSS-REVIEW-PACKET.md )