



**Blue Cross Virtual Well-BeingSM
Drop 5 Weight-loss Community
Workbook**

Getting started

Welcome to the Blue Cross Virtual Well-Being Drop 5 Weight-loss Community!

Drop 5 is a free, virtual, weight-loss community of participants trying to lose weight in five-pound increments. The community meets virtually each week during the Thursday Virtual Well-Being webinars at noon Eastern time.

Today's date:

My starting weight

My goal weight:

My weight this week:



Join the Drop 5 virtual weight-loss community every Thursday at noon Eastern time
bluecrossvirtualwellbeing.com

Setting your goals

The first step in establishing your weight-loss plan is setting goals to help you focus and stay motivated. Your goals should be realistic and measurable.

Ex: My long-term goal is to lose 20 pounds in six months.

Ex: My short-term goal is to lose three to five pounds in a month. I will do this by omitting processed foods and sugars, eliminating soda and replacing with water, adding vegetables to my meals, and exercising a minimum of 30 minutes six days a week.

My long-term goals are ...

To reach my long-term goals, I will ...

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My short-term goals are ...

To reach my short-term goals, I will ...

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Why I want to achieve these goals ...

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Drop 5 tip of the week

Each week we'll provide a tip to help you with your weight-loss goals. Write the tip below and then make a plan to put that tip into action.

Ex: Add more vegetables to your meals.

I plan to have a variety of vegetables on hand and prepared (washed and chopped) so that I can add them to my meals or grab as a snack. This week I'll have carrots, celery and peppers.

Weekly tip:

Tip:

How I plan to use it:



My water intake

Mark a drop for each glass of water you drink. Enter total ounces at the end of the day.

	Total ounces										
Monday	👉	👉	👉	👉	👉	👉	👉	👉	👉	👉	
Tuesday	👉	👉	👉	👉	👉	👉	👉	👉	👉	👉	
Wednesday	👉	👉	👉	👉	👉	👉	👉	👉	👉	👉	
Thursday	👉	👉	👉	👉	👉	👉	👉	👉	👉	👉	
Friday	👉	👉	👉	👉	👉	👉	👉	👉	👉	👉	
Saturday	👉	👉	👉	👉	👉	👉	👉	👉	👉	👉	
Sunday	👉	👉	👉	👉	👉	👉	👉	👉	👉	👉	

Tracking my sleep

Sufficient sleep is important for losing weight. Sleep deprivation may interfere with the body's ability to process carbohydrates, manage stress and maintain a proper balance of hormones. Studies have shown that a lack of sleep is associated with weight gain and a higher likelihood of obesity.

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Hours I slept							
How I felt when I woke up							
When I plan to go to bed tonight							

Hours I slept							
How I felt when I woke up							
When I plan to go to bed tonight							



Food journal

There is evidence that people who keep a food diary lose more weight than those who don't record their food intake. The act of writing out what you consume helps make you more aware of your food choices.

	Breakfast	Lunch	Dinner	Snacks
Mon.				
Tues.				
Wed.				
Thur.				
Fri.				
Sat.				
Sun.				



Tracking my fitness

Enter your fitness activity and time spent exercising. You can track calories burned and steps taken, if you're tracking them.

	Activity	Time	Calories burned	Steps taken
Mon.				
Tues.				
Wed.				
Thur.				
Fri.				
Sat.				
Sun.				

Being grateful

According to Robert A. Emmons, Ph.D., people who practice gratitude felt 25% happier and exercised an average of 1.5 hours more than those who didn't. Practicing gratitude is a way to help train yourself to be happier and when you are happier, making healthy choices is easier.

Activity: Grab a notebook, journal or calendar and write down three things you're grateful for each day for seven days. Mark off the day when you complete your list.

1	2	3	4	5	6	7
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Mindfulness and meditation

Practicing mindfulness on a regular basis helps you become more aware of your thoughts and actions and may help you make better choices related to food.

Activity: Set aside time each day this month for a mindfulness or meditation practice.

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Minutes I practiced							
How I felt when I started							
How I felt when I ended							



Join us Wednesday at noon for a live meditation. Click [here](#) to register.

Click below to access past popular meditations.

[5-Minute Meditation in a Virginia State Park](#)

[5-Minute Puppy Meditation](#)

[6-Minute Tibetan Yak Joyful Meditation](#)

[12-Minute Stress Relieving Tapping Meditation in the Trees](#)

Weekly reflection

This week I felt: _____

My victories this week: _____

I incorporated the weekly tip by: _____

Behavior(s) I will work on next week: _____