

# Plus, Minus, Zero



Plus, Minus, Zero is a weight-maintenance program designed to help you stay accountable and aware of your weight-loss goals until the next round of Win by Losing begins.

Every week, weigh yourself on the same day at the same time. Take note of this weight with a plus (if you gained weight), minus (if you lost weight) or a zero (if there was no difference in your weight from the week before). Use the template provided below. Insert the dates for the month, mark the proper symbol each week and include the number of pounds lost or gained in the space provided.

To view a tutorial video on how to use the Plus, Minus, Zero calendar, visit [bcbsm.com/yourhealth](http://bcbsm.com/yourhealth).

Weight at the beginning of the month: \_\_\_\_\_ lbs.

Date	+ - 0	Pounds (lbs.)
	+ - 0	
	+ - 0	
	+ - 0	
	+ - 0	
	+ - 0	

Weight at the end of the month: \_\_\_\_\_ lbs.

Weight at the beginning of the month: \_\_\_\_\_ lbs.

Date	+ - 0	Pounds (lbs.)
	+ - 0	
	+ - 0	
	+ - 0	
	+ - 0	
	+ - 0	

Weight at the end of the month: \_\_\_\_\_ lbs.

Weight at the beginning of the month: \_\_\_\_\_ lbs.

Date	+ - 0	Pounds (lbs.)
	+ - 0	
	+ - 0	
	+ - 0	
	+ - 0	
	+ - 0	

Weight at the end of the month: \_\_\_\_\_ lbs.

Weight at the beginning of the month: \_\_\_\_\_ lbs.

Date	+ - 0	Pounds (lbs.)
	+ - 0	
	+ - 0	
	+ - 0	
	+ - 0	
	+ - 0	

Weight at the end of the month: \_\_\_\_\_ lbs.

