



VIP FOUNDING MEMBER EXCLUSIVE

VIP Founding Member Weight Loss Guide

Your companion for GLP-1 success. Understand your medication, set real goals and track every week of progress.

PREPARED FOR

YOUR VIP PATIENT CARE TEAM



VIP Patient Care Line

844-200-2796

Members only. Skip the queue.



Email

support@carebox.org



Patient portal

carebox.portal.tellescope.com

This guide is for education and tracking. It does not replace advice from your CareBox provider.

Welcome to the club.

Thank you for choosing CareBox for your health and wellness. You made the best decision for your health, just like thousands of other patients who trust us every day.

Starting a GLP-1 is a big step. The weeks ahead are where results are made, and you do not have to go through them alone. As a VIP Founding Member, you have more support than anyone else in our program.

We are here to support you in every way. Call your VIP line with any question. Book a coaching check-in when you hit a plateau. Meet with a registered dietitian to build meals that work with your medication. Your orders move to the front of the line.

This guide is your companion. Use it to understand your medication, find your body shape, set real goals and track your progress week by week. Bring it to your coaching sessions. Watch the numbers move.

We are proud to be part of your journey. Welcome to the VIP Founding Member Club.

The CareBox Team

YOUR VIP BENEFITS



Unlimited Care Coaching



VIP Patient Care Line



Registered Dietitian consult



Expedited processing and shipping



This Goal Tracker, yours to keep

Real patients. Real words.

★★★★★ CareBox patient reviews on Trustpilot

ST

Sharon Toms
US · 2 reviews

★★★★★

My cravings are better and down 5lbs

My cravings are better. Im week and half in and down 5 pounds 😊

AM

Amanda
US · 1 review

★★★★★

Easy to use and they follow up...

Easy to use and they follow up personally asking if you have any questions. They are so helpful! Wonderful customer service!!

September 17, 2026

LD

Lara D'Arconte
US · 5 reviews

★★★★★

So far, so good!

So far, my experience has been very good. It was easy to sign up for the program. I filled out a questionnaire and then was contacted by Ariana. She offered me a short session with a dietitian in 2 days, which is already included in the payment I made, and told me I would be receiving tracking information for my first month's doses soon.

PN

png
US · 4 reviews

★★★★★

I love the customer service

I love the customer service. She was so knowledgeable and giving helpful details.

September 23, 2026



hannah Reedy
US · 1 review

★★★★★

It is a legit and lovely business

It is a legit and lovely business! Everyone that speaks to you is really nice!

Sep 16, 2026



This is Happy
US · 1 review

★★★★★

Fast ship product works !!

Fast ship product works !!! Excited

September 1, 2026

Unprompted review



Marco Spalte
US · 1 review

★★★★★

Ariana was polite and informative about...

Ariana was polite and informative about the service. Let me know where to go and who to call with any questions. Communication was clear and the customer service was top notch

Sep 16, 2026

What is inside

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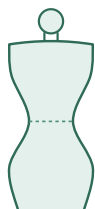


How to use this guide

Read pages 4 to 6 in your first week. Fill in page 7 before your next dose. Update your tracker every week, and bring it to each coaching check-in. You can type directly into this PDF or print it.

Find your body shape

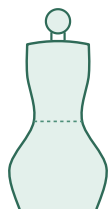
Your body shape shows where you tend to store weight. It does not decide your results, but it helps you set goals, pick the right measurements to track and notice change even when the scale is slow.



Hourglass

Bust and hips are close in size. Waist is clearly narrower.

Weight tends to spread evenly across the upper and lower body.



Pear (Triangle)

Hips are wider than bust and shoulders.

Weight tends to settle in the hips, seat and thighs.



Apple (Round)

Waist is about as wide as, or wider than, bust and hips.

Weight tends to settle around the middle.



Rectangle

Shoulders, bust, waist and hips are similar.

Little waist definition. Weight spreads evenly.



Inverted Triangle

Shoulders and bust are wider than hips.

Weight tends to settle in the chest, back and arms.



How to measure

- ✓ Use a soft tape measure. Stand tall. Breathe out normally.
- ✓ **Shoulders:** around the widest part of your shoulders.
- ✓ **Bust:** around the fullest part of your chest.
- ✓ **Waist:** at the narrowest point, usually just above your belly button.
- ✓ **Hips:** around the widest part of your hips and seat.
- ✓ Measure at the same time of day, before eating.

Write your numbers

SHOULDERS (IN)

BUST (IN)

WAIST (IN)

HIPS (IN)

HEIGHT (IN)

MY BODY SHAPE

If your measurements show...	You are likely	What to focus on
Bust and hips within about 1 to 2 inches, waist much smaller	Hourglass	Track waist and hips together. Strength training keeps your shape as you lose.
Hips 2 or more inches wider than bust	Pear	Lower body changes can be slower. Track hips and thighs, not just the scale.
Waist equal to or larger than bust and hips	Apple	Your waist is your key number. Many patients see it shrink early.
Bust, waist and hips within a few inches	Rectangle	Pair protein with strength training to build muscle as you lose fat.
Shoulders or bust 2 or more inches wider than hips	Inverted Triangle	Track chest and waist. Add lower body strength work for balance.



A helpful health marker: many health organizations use a waist measurement of less than half your height as a healthy target. Divide your waist by your height. Track that number on page 10.

How your medication works

Your body already makes hormones that tell you when you are full and help control blood sugar. Your CareBox medication works by acting like these natural hormones, only longer and stronger.

GLP-1 (semaglutide)

GLP-1: glucagon-like peptide-1
A hormone your gut releases after you eat. Semaglutide acts on GLP-1 receptors in your body.

- ✓ Tells your brain you are full sooner
- ✓ Slows how fast food leaves your stomach
- ✓ Helps your body release insulin when blood sugar rises
- ✓ Quiets cravings and "food noise"

GLP-1 + GIP (tirzepatide)

GIP: glucose-dependent insulinotropic polypeptide
A second gut hormone that works alongside GLP-1. Tirzepatide acts on both GIP and GLP-1 receptors.

- ✓ Everything GLP-1 does, plus a second pathway
- ✓ Supports how your body responds to insulin
- ✓ Plays a role in how your body handles food energy
- ✓ Often called a "dual agonist"

What happens after each dose

 **Brain**
Appetite signals calm down. You feel satisfied with less.

 **Stomach**
Food moves more slowly. You stay full longer.

 **Pancreas**
Insulin is released when blood sugar rises after meals.

 **Your results**
Eating less feels natural. Progress becomes steady.

	Semaglutide	Tirzepatide
Hormones it acts like	GLP-1	GLP-1 and GIP
How often	Once a week, same day each week	Once a week, same day each week
How it is taken	Small injection under the skin	Small injection under the skin
How your dose changes	Starts low. Your provider increases it step by step.	Starts low. Your provider increases it step by step.

WEEKS 1 TO 4
Your body adjusts. Appetite starts to drop. Build your weekly routine.

MONTHS 2 TO 3
Your dose may increase. Many patients notice steady loss and fewer cravings.

MONTH 3 AND BEYOND
Habits lock in. Consistency now builds results that last.

Compounded medications are not approved by the FDA. Individual results vary. Follow the dose and instructions from your CareBox provider.

Keys to success



Pick your dose day

Take your medication on the same day every week. Set a phone reminder.



Never skip a dose

Consistency is the biggest driver of results. Every week counts.



Never double up

Missed a dose? Do not take two. Check your portal or call your VIP line for next steps.



Rotate injection sites

Switch between your stomach, thigh and upper arm. Stay two inches from your belly button.



Protein first

Eat protein at every meal. It protects muscle and keeps you full.



Hydrate all day

Sip water throughout the day. Thirst can feel like hunger.



Move every day

Walk daily and add strength training two to three times a week.



Sleep 7 to 9 hours

Good sleep lowers cravings and supports steady loss.



Questions about how much to take?

Never guess on your dose. Your exact dose and schedule are in your patient portal. Sign in with the email you used at signup.

Patient portal

carebox.portal.tellescope.com

VIP patient support

844-200-2796

Your dose-day checklist

1

Check your dose

Confirm your dose in the patient portal before every injection.

2

Prep your site

Wash your hands. Clean the injection site and let it dry.

3

Rotate your spot

Use a different site from last week. Stomach, thigh or upper arm.

4

Take your dose

Same day each week. Set a reminder so you never miss it.

5

Log it

Write the date, dose and site in your tracker on page 7.

6

Fuel up

Drink water and eat a protein-rich meal that day.



Not feeling right? Call your VIP line at 844-200-2796. We would rather hear from you early.



Medical emergency? Call 911 or go to the nearest emergency room.

Your weight and dose tracker

FIRST NAME	LAST NAME	MEDICATION
STARTING WEIGHT (LBS)	GOAL WEIGHT (LBS)	MEDICATION START DATE
POUNDS TO GOAL	MY DOSE DAY	TARGET DATE FOR MY GOAL

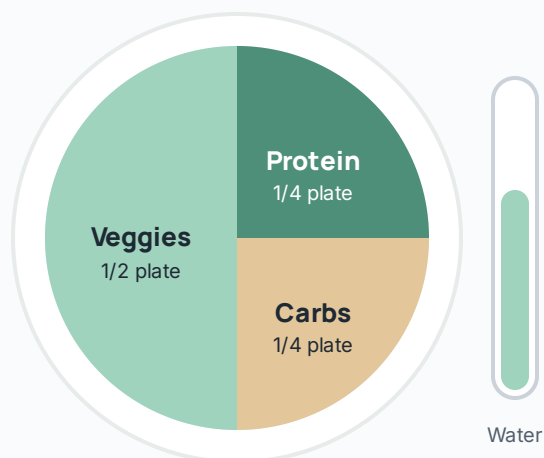
Tip: weigh yourself once a week, same day, same time, after using the bathroom and before eating.

Wk	Date of Dose	Dose	Injection Site	Date of Weight Taken	Current Weight	Change (+/-)	Notes
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							

Tracker continued

Wk	Date of Dose	Dose	Injection Site	Date of Weight Taken	Current Weight	Change (+/-)	Notes
21							
22							
23							
24							
25							
26							
27							
28							
29							
30							
31							
32							
33							
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46							
47							
48							

Nutrition made simple



The balanced plate

Your appetite will be smaller. Make every bite count.

- ✓ **Half your plate:** non-starchy vegetables like greens, broccoli, peppers and zucchini.
- ✓ **A quarter:** lean protein. Eat it first.
- ✓ **A quarter:** whole grains, beans or starchy vegetables.
- ✓ Use a smaller plate. Stop when you feel satisfied, not stuffed.
- ✓ Drink water between meals, not only with them.

Easy protein sources

Food	Serving	Protein
Chicken breast, cooked	3 oz	About 26 g
Salmon, cooked	3 oz	About 22 g
Plain Greek yogurt, nonfat	3/4 cup	About 17 g
Canned tuna	3 oz	About 20 g
Cottage cheese, low fat	1/2 cup	About 14 g
Eggs	2 large	About 12 g
Lentils, cooked	1/2 cup	About 9 g
Protein shake	1 bottle	Check the label

Values are approximate. Your dietitian can set a daily protein goal for you.

Choose more often

Lean protein, vegetables, low-sugar fruit like berries, whole grains, beans, nuts and seeds, water.

Limit

Fried and greasy food, sugary drinks and soda, sweets, heavily processed snacks, alcohol.

Before you snack, think H.A.L.T.

Am I Hungry, Anxious, Lonely or Tired? If it is not hunger, try a walk, a glass of water or a call to a friend first.

Eating out

Ask for sauces on the side. Start with a salad. Box half your meal before you start.

Grocery store

Shop with a list. Never shop hungry. Read labels for protein and added sugar.

At home

Eat at the table, not in front of a screen. Keep tempting foods out of sight.

Goals, milestones and measurements

My SMART goal

Specific. Measurable. Achievable. Relevant. Time-bound.

MY MAIN GOAL

WHY IT MATTERS TO ME

THIS WEEK I WILL

THIS MONTH I WILL

MY REWARD WHEN I HIT IT

Milestones

Check it off and write the date.

- | | |
|---|----------------------|
| ☐ First dose done | <input type="text"/> |
| ☐ First 5 lbs | <input type="text"/> |
| ☐ 5% of starting weight | <input type="text"/> |
| ☐ 10 lbs | <input type="text"/> |
| ☐ A size down in clothes | <input type="text"/> |
| ☐ 10% of starting weight | <input type="text"/> |
| ☐ 25 lbs | <input type="text"/> |
| ☐ Goal weight | <input type="text"/> |

Body measurements

Measure once a month. Inches often drop even when the scale holds still.

	Start	Month 1	Month 2	Month 3	Month 4	Month 5	Month 6
Date							
Weight (lbs)							
Waist (in)							
Hips (in)							
Chest (in)							
Upper arm (in)							
Thigh (in)							
Waist / height							

Non-scale victories

- | | | |
|--|---|--|
| ☐ Clothes fit better | ☐ More energy | ☐ Fewer cravings |
| ☐ Better sleep | ☐ Took the stairs | ☐ Walked farther |
| ☐ Feel more confident | ☐ Better lab results | ☐ Someone noticed |

Weekly habit tracker

Check a box each day you complete the habit. Aim for progress, not perfection. Print this page as many times as you need.

Week of	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Took my dose on schedule	☐	☐	☐	☐	☐	☐	☐
Protein at every meal	☐	☐	☐	☐	☐	☐	☐
Water goal met	☐	☐	☐	☐	☐	☐	☐
Vegetables at 2+ meals	☐	☐	☐	☐	☐	☐	☐
Walked or moved 20+ min	☐	☐	☐	☐	☐	☐	☐
Strength training	☐	☐	☐	☐	☐	☐	☐
Slept 7+ hours	☐	☐	☐	☐	☐	☐	☐
No eating 3 hrs before bed	☐	☐	☐	☐	☐	☐	☐
Logged my weight	☐	☐	☐	☐	☐	☐	☐

Week of	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Took my dose on schedule	☐	☐	☐	☐	☐	☐	☐
Protein at every meal	☐	☐	☐	☐	☐	☐	☐
Water goal met	☐	☐	☐	☐	☐	☐	☐
Vegetables at 2+ meals	☐	☐	☐	☐	☐	☐	☐
Walked or moved 20+ min	☐	☐	☐	☐	☐	☐	☐
Strength training	☐	☐	☐	☐	☐	☐	☐
Slept 7+ hours	☐	☐	☐	☐	☐	☐	☐
No eating 3 hrs before bed	☐	☐	☐	☐	☐	☐	☐
Logged my weight	☐	☐	☐	☐	☐	☐	☐



Stuck on a habit? Book an unlimited Care Coaching check-in from your patient portal. That is what your coach is for.

Your support team



VIP Patient Care Line

844-200-2796

Members only. Your call goes to the front of the line.



Email

support@carebox.org

For non-urgent questions and account help.



Patient portal

carebox.portal.tellescope.com

Your dose, messages, coaching and dietitian bookings. Sign in with your signup email.

Who to contact for what

I need to...	Best way
Check my dose or schedule	Patient portal, or call the VIP line
Talk through cravings, habits or a plateau	Book a Care Coaching check-in in the portal
Build a meal plan that works with my medication	Book my Registered Dietitian consult in the portal
Ask about my order, shipping or billing	VIP line 844-200-2796 or support@carebox.org
Report a medical emergency	Call 911

Questions for my next check-in



CareBox

You made the best decision for your health. We are with you every step of the way.