

Drop 5 of COVID-19 weight tracker

If you've gained weight during 2020, you're not alone. Habits changed when gyms, restaurants, schools and other places closed. As a result, many people turned to comfort foods, baking and bingeing TV shows.

To help you reset before the New Year, we encourage you to join *Drop 5 of COVID-19* to help you lose five pounds by 2021.

Blue Cross Virtual Well-Being will provide you with motivation and healthy hints at noon each Thursday, starting with our kick-off session, October 15 and running through January 15, 2021. Other sessions will include how to read food and nutrition labels on November 5; and "Q&A with a registered dietitian" during which you can ask your food-related questions on November 19.

To set you up for success, we've created the weight tracker below so you can record of your weight. We suggest you weigh yourself on the same day of the week and at the same time of day.

We'll never ask for your weight. But, you're welcome to share your progress during our Thursday sessions.

Starting weight: _____

Thursday	Day/Time	Weight	Amount loss/gained
Oct. 15			
Oct. 22			
Oct. 28			
Nov. 5			
Nov. 19			
Nov. 26			
Dec. 10			
Dec. 24			
Dec. 31			
Jan. 7			

Final weight: _____

Questions? Contact Blue Cross Virtual Well-Being at bluecrossvirtualwell-being@bcbsm.com.
Don't begin any weight loss program without first consulting with your physician.