

Blue Cross[®] VIRTUAL WELL-BEING



Drop 5 to Start '21 weight tracker

Welcome to our free, virtual weight loss community for a 12-week journey to lose 5 pounds. To set you up for success, we've created a weight tracker so you can monitor your progress weekly. Each Thursday weigh yourself in the morning and then join us at noon for motivation, weight loss tips, and the opportunity to share your scale and non-scale victories.

Thursday morning weigh-in	Weight	Weekly scale and non-scale victories
Jan. 7 starting weight		
Jan. 14		
Jan. 21		
Jan. 28		
Feb. 4		
Feb. 11		
Feb. 18		
Feb. 25		
Mar. 4		
Mar. 11		
Mar. 18		
Mar. 25 final weight		

Questions? Contact Blue Cross Virtual Well-Being at bluecrossvirtualwell-being@bcbsm.com. Consult your doctor before starting any weight loss program.