

# Blue Cross<sup>®</sup> 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 five 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 nonscale 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](mailto:bluecrossvirtualwell-being@bcbsm.com). Consult your doctor before starting any weight loss program.