

Drop 5 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 nonscale victories
April 1 starting weight		
April 8		
April 15		
April 22		
April 29		
May 6		
May 13		
May 20		
May 27		
June 3		
June 10		
June 17 final weight		

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