

Drop 5 weight tracker and weekly tip incorporation

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. Then, establish how you will use the weekly tip to work toward your goals.

Thursday morning weigh-in	Weight	Weekly scale and nonscale victories	My plan for incorporating the <i>Drop 5</i> weekly tip
July 1 starting weight			
July 8			
July 15			
July 22			
July 29			
Aug 5			
Aug 12			
Aug 19			
Aug 26			
Sept 2			
Sept 9			
Sept 16			
Sept 23			
Sept 30 final weight			

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