

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.