

# Blue Cross<sup>®</sup> VIRTUAL WELL-BEING



## 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
Oct 7 starting weight			
Oct 14			
Oct 21			
Oct 28			
Nov 4			
Nov 11			
Nov 18			
Nov 25			No tip this week - Holiday
Dec 2			
Dec 9			
Dec 16			
Dec 23 final weight			No tip this week - Holiday

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.