

Weigh2Go



Complete the Weigh2Go Challenge

- Entering your initial and final weight
- Earning at least three out of six badges
- U.S. employees and spouses/domestic partners will receive 1,000 Vitality Points for completing the challenge.

Badges Include



Weigh2Why:

Earn by entering your “why” statement in your profile at the start and revisiting it halfway through the challenge.



Weigh2Food:

Find a meal plan that works for you — download at least two Weigh2Food guides and try a new recipe.



Weigh2Focus:

Download two Weigh2Focus activities during the challenge to incorporate into your lifestyle and take a moment to breathe.



Weigh2Fitness:

Find a fitness plan that works for you — download at least two Weigh2Fitness guides and incorporate a new exercise into your workout routine.



Weigh2Track:

Submit a nutrition journal for review and feedback and commit to doing one of the recommendations provided.



Weigh2Chat:

Post a question or comment at least once on the discussion board and share inspiration or a tip in the Weigh2Go Community.

Track Your Badge Progress

Badges are earned by completing both action items for each badge listed on your profile page. Once you've completed an action item, mark the checkbox complete to view your badge progress.



AbbVie Vitality