

WEIGHT LOSS JOURNEY

Milestone Tracking & Achievement Log

STARTING WEIGHT
CURRENT WEIGHT
GOAL WEIGHT

DONE	MILESTONE	DATE	REWARD / CELEBRATION
	First 5 lbs Lost		New Workout Top
	10% Body Weight		Massage / Spa Day
	Halfway Point		New Sneakers
	Non-Scale Victory (NSV)		Weekend Trip
	Final Goal Reached		Professional Photoshoot

PERSONAL MOTIVATION / "MY WHY"

"Consistency over perfection." â€¢ Tracked for Year 2024