

BODY TRANSFORMATION JOURNEY

Milestone Tracking & Progress Chart

NAME: _____

START DATE: _____

START WEIGHT: _____

GOAL WEIGHT: _____

DONE

MILESTONE PHASE

WEIGHT/STAT

DATE ACHIEVED

Phase 1: The Launch (Week 1-4)

- Initial Measurements Taken

- First 5lbs / 2kg Lost

Phase 2: Momentum (Week 5-8)

- Halfway to Primary Goal

- Noticeable Clothing Fit Change

Phase 3: Refinement (Week 9-12)

- Body Composition Shift (Muscle/Fat)

DONE

MILESTONE PHASE

WEIGHT/STAT

DATE ACHIEVED

- Final Goal Weight Reached

ACHIEVEMENTS & NON-SCALE VICTORIES:

"Consistency over perfection. Document the process, respect the journey."