

NON-SCALE VICTORIES

Tracking progress beyond the number on the scale

PHYSICAL CHANGES

Clothes fit looser

New belt notch used

Visible muscle definition

Skin is clearer

Wedding ring is loose

ENERGY & PERFORMANCE

Walked 10k steps easily

No afternoon energy slump

Improved sleep quality

Carried groceries in one trip

Ran for 10 mins straight

DAILY HABITS

Drank 2L of water daily

Chose healthy snack over junk

Cooked at home 5 days/week

Stopped eating when full

Consistent routine for 1 month

MENTAL WINS

Felt confident in a photo

Positive self-talk today

Received a compliment

Improved mood and focus

Feeling stronger, not smaller

PERSONAL MILESTONES & NOTES

"Focus on the journey, not the destination."