

WEIGHT LOSS JOURNEY

Milestone Tracker

STARTING WEIGHT --- lbs
CURRENT WEIGHT --- lbs
GOAL WEIGHT --- lbs

First 5 lbs Lost

Date Achieved: _____

Reward: New Workout Top

10% Body Weight Loss

Date Achieved: _____

Reward: Spa Day

Halfway to Goal

Date Achieved: _____

Reward: New Sneakers

"One-derland" (Under 200lbs)

Date Achieved: _____

Reward: Professional Photoshoot

Final Goal Weight

Date Achieved: _____

Reward: New Wardrobe

Slow and steady wins the race. Keep moving forward.