

WEIGHT LOSS JOURNEY

Milestone Progress Tracker

STARTING WEIGHT
CURRENT WEIGHT
GOAL WEIGHT

First 5 lbs Lost

10 Days of Clean Eating

10 lbs Lost

Increased Water Intake Goal

15 lbs Lost

One Clothing Size Down

20 lbs Lost

1 Full Month of Exercise

25 lbs Lost

Non-Scale Victory (NSV)

30 lbs Lost

Halfway to Goal

40 lbs Lost

New Workout Personal Best

50 lbs Lost

Final Goal Weight Reached

CONSISTENCY OVER PERFECTION