

WEIGHT LOSS JOURNEY

Milestones & Rewards

START WEIGHT
GOAL WEIGHT
TOTAL TO LOSE

DONE	MILESTONE	<i>REWARD TREATMENT</i>	DATE
	First 5 lbs	New workout top	
	10 lbs lost	Professional manicure	
	Halfway Point	New pair of sneakers	
	25 lbs lost	Massage therapy session	
	Final Goal	Full wardrobe shopping trip	

"Small progress is still progress."