

WEIGHT LOSS SUCCESS MILESTONES

STARTING WEIGHT

GOAL WEIGHT

START DATE

| DONE | MILESTONE GOAL | DATE ACHIEVED | REWARD / CELEBRATION |
|------|----------------|---------------|----------------------|
|------|----------------|---------------|----------------------|

| | | | |
|--|------------------|--|--|
| | First 5 lbs Lost | | |
|--|------------------|--|--|

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|--|-----------------------|--|--|
| | 10% Total Body Weight | | |
|--|-----------------------|--|--|

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|--|------------------------------|--|--|
| | Consistent Workout (30 Days) | | |
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|--|-----------------|--|--|
| | Halfway to Goal | | |
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|--|----------------------------|--|--|
| | New Clothing Size Achieved | | |
|--|----------------------------|--|--|

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|--|--------------------|--|--|
| | Final Goal Reached | | |
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NOTES & REFLECTION