

WEIGHT LOSS JOURNEY MILESTONES

Progress is not linear. Celebrate every victory.

STARTING WEIGHT
CURRENT GOAL
ULTIMATE TARGET

DONE	MILESTONE	DATE	REWARD / FEELING
	First 5 lbs Lost		
	10 lbs Lost		
	5% Total Body Weight		
	20 lbs Lost		
	Halfway to Goal		
	10% Total Body Weight		
	New Clothing Size		

DONE

MILESTONE

DATE

REWARD / FEELING

Ultimate Goal
Reached