

WEIGHT LOSS MILESTONES

Track your progress and celebrate your wins

STARTING WEIGHT
TARGET WEIGHT
TOTAL GOAL

First 5 lbs Lost

Reward: New workout water bottle

10% of Goal Reached

Reward: High-quality foam roller

Halfway Point

Reward: New sneakers or activewear

Fitting into "Goal" Outfit

Reward: Professional massage

Final Goal Achieved

Reward: Weekend getaway or photoshoot

Consistency is key. Celebrate every victory, no matter how small.