

# WEIGHT LOSS JOURNEY

Milestone Tracker & Achievement Log

STARTING WEIGHT  
CURRENT WEIGHT  
GOAL WEIGHT

STATUS	MILESTONE GOAL	DATE ACHIEVED	REWARD / NOTE
	First 5 lbs Lost		
	10% of Total Goal		
	Halfway Point		
	One Size Down		
	75% of Total Goal		
	Final 5 lbs		
	Goal Weight Reached		

NON-SCALE VICTORIES & REFLECTIONS

"Small progress is still progress."