

WEIGHT LOSS MILESTONE TRACKER

STARTING WEIGHT
CURRENT WEIGHT
GOAL WEIGHT

STATUS	MILESTONE	DATE MET	REWARD / ACHIEVEMENT
	First 5 lbs		<i>Example: New workout top</i>
	10 lbs Down		
	15 lbs Down		
	Halfway Point		<i>Example: Spa day</i>
	25 lbs Down		
	-1 Clothing Size		
	Final Goal		<i>Example: Professional photoshoot</i>

REFLECTIONS & NON-SCALE VICTORIES