

# WEIGHT LOSS JOURNEY

Visual Progress Tracker

START DATE: \_\_\_\_\_ START WEIGHT: \_\_\_\_\_ GOAL WEIGHT: \_\_\_\_\_

-1

-2

-3

-4

**5 LBS**

-6

-7

-8

-9

**10 LBS**

-11

-12

-13

-14

**15 LBS**

-16

-17

-18

-19

**20 LBS**

TOTAL LOST

REMAINING

REWARD EARNED