

WEIGHT LOSS MILESTONES

Consistency is the key to progress.

STARTING WEIGHT: _____

GOAL WEIGHT: _____

First 5 lbs Lost

DATE

10 lbs Lost

DATE

15 lbs Lost

DATE

20 lbs Lost

DATE

5% Body Weight

DATE

10% Body Weight

DATE

One Clothing Size Down

DATE

Halfway to Goal

DATE

30 Days Consistent

DATE

ULTIMATE GOAL REACHED

DATE

REWARDS & NOTES