

# DAILY ACCOUNTABILITY & REWARDS

Week of: \_\_\_\_\_

STARTING WEIGHT  
CURRENT WEIGHT  
WEEKLY GOAL

DAY	NUTRITION	WORKOUT	WATER	DONE
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

## MILESTONE REWARDS

SMALL WIN (3 DAYS CONSISTENT)

FULL WEEK ACHIEVEMENT

## **WEIGHT GOALS**

NEXT -5 LBS REWARD

GOAL WEIGHT REWARD

WEEKLY REFLECTIONS & NOTES