

FITNESS & WEIGHT LOSS REWARDS

NAME: _____

STARTING WEIGHT: _____

GOAL WEIGHT: _____

TARGET DATE: _____

MILESTONE	REWARD DESCRIPTION	DATE MET
- 5 LBS	New workout water bottle	
- 10 LBS	High-quality athletic socks	
- 15 LBS	Professional massage session	
- 20 LBS	New pair of running shoes	
- 25 LBS	New gym outfit / Activewear	
- 30 LBS	Weekend trip or staycation	

FITNESS GOAL: _____

NON-SCALE
WIN: _____

"Slow progress is better than no progress. Stay disciplined, stay rewarded."