

WEIGHT LOSS REWARDS CHART

Start Weight: _____

Ultimate Goal: _____

Date: _____

DONE	MILESTONE	REWARD INCENTIVE	DATE MET
------	-----------	------------------	----------

	First 5 lbs		
--	-------------	--	--

	10 lbs		
--	--------	--	--

	15 lbs		
--	--------	--	--

	20 lbs / Halfway		
--	------------------	--	--

	25 lbs		
--	--------	--	--

	30 lbs		
--	--------	--	--

	Clothing Size Drop		
--	-----------------------	--	--

	Ultimate Goal		
--	---------------	--	--

MY "WHY" / MOTIVATION:

Consistency over perfection. Celebrate every small win.