

MONTHLY WEIGHT LOSS REWARDS

STARTING WEIGHT

GOAL WEIGHT

CURRENT MONTH

MILESTONE	REWARD CHOICE	ACHIEVED
-5 lbs	Ex: New workout top	
-10 lbs		
-15 lbs		
-20 lbs		
-25 lbs		
Non-Scale	Ex: Spa Day (Fitting into old jeans)	

MONTHLY REFLECTION & NOTES