

NON-FOOD REWARD JOURNEY

MILESTONE	MY REWARD
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First 5 lbs	<i>New workout water bottle or book</i>
10 lbs	<i>Professional manicure or pedicure</i>
15 lbs	<i>High-quality athletic socks or tank top</i>
20 lbs	<i>New sneakers or 60-minute massage</i>
One Month Consistent	<i>New kitchen gadget or house plant</i>
Halfway Goal	<i>Weekend trip or luxury bedding</i>
Ultimate Goal	<i>Full wardrobe refresh or photoshoot</i>
Custom:	_____

Focus on how you feel, not just the scale.