

WEIGHT LOSS REWARDS

Small steps lead to big changes.

START DATE: _____

START WEIGHT: _____

GOAL WEIGHT: _____

TOTAL LBS TO LOSE: _____

MILESTONE

REWARD INCENTIVE

DATE MET

First 5 lbs

e.g., New workout water bottle

10 lbs

15 lbs

20 lbs

25 lbs

50% of Goal

e.g., New sneakers

Final Goal

e.g., New wardrobe piece

"Consistency over perfection."