

WEIGHT LOSS JOURNEY

Milestones & Rewards

MILESTONE	REWARD
5 LBS	<i>New workout top</i>
10 LBS	<i>Spa pedicure</i>
15 LBS	<i>New sneakers</i>
20 LBS	<i>Massage session</i>
25 LBS	<i>Weekend getaway</i>

Pound Tracker

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My "Why" & Motivation