

SMALL WINS

Weight Loss Journey & Rewards

Starting Weight: _____

Ultimate Goal: _____

-5 lbs

Mini Reward

-10 lbs

Treat Yourself

-15 lbs

New Accessory

-20 lbs

Spa Day

-25 lbs

Halfway Point

-30 lbs

New Outfit

-35 lbs

Night Out

-40 lbs

Big Reward

-45 lbs

Final Stretch

GOAL

Grand Prize

DONE	MILESTONE METRIC	REWARD DESCRIPTION
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	First 7 days tracked	_____
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	Non-Scale Victory (NSV)	_____
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	Consistency (21 days)	_____
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DONE MILESTONE METRIC

REWARD DESCRIPTION

New Personal Best

"Small progress is still progress."
