

# WEEKLY WEIGHT LOSS REWARDS

Start Weight:

Goal Weight:

WEEK	WEIGHT GOAL	REWARD FOR CONSISTENCY	DONE
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Week 1

*Example: New workout top*

Week 2

*Example: Spa evening at home*

Week 3

Week 4

**1 Month**

**Milestone**

**Example: New pair of sneakers**

Week 5

Week 6

Week 7

Week 8

WEEK

WEIGHT GOAL

REWARD FOR CONSISTENCY

DONE

**2 Month**

**Milestone**

**Example: Professional massage**

"Small steps lead to big results."