

WEIGHT LOSS REWARDS

Celebrate Every Victory

MILESTONE REWARD IDEA

First 5 lbs

New water bottle or workout socks

10 lbs Down

Manicure, pedicure, or a professional hair treatment

1 Month Streak

New kitchen gadget (air fryer, blender, or food scale)

Halfway Point

High-quality athletic sneakers or gym bag

25 lbs Down

A full-body massage or spa day

Clothing Size Drop

One signature outfit piece in your new size

Goal Weight

Professional photoshoot or a weekend getaway

Custom Goal: _____
