

# WELLNESS JOURNEY

## Milestones & Rewards

STARTING WEIGHT  
\_\_\_\_ LBS  
CURRENT GOAL  
\_\_\_\_ LBS  
ULTIMATE TARGET  
\_\_\_\_ LBS

STATUS	MILESTONE	REWARD DESCRIPTION	DATE
	<b>5 LBS LOST</b>	<i>New workout water bottle</i>	//
	<b>10 LBS LOST</b>	<i>Massage or spa treatment</i>	//
	<b>15 LBS LOST</b>	<i>Premium athletic wear piece</i>	//
	<b>20 LBS LOST</b>	<i>Weekend getaway or luxury item</i>	//
	<b>CUSTOM GOAL</b>	_____	//
	<b>TARGET WEIGHT</b>	<i>Complete wardrobe refresh</i>	//

"Slow progress is better than no progress. Stay consistent."